**Option 1:**

We’re proud supporters of the @CRANAplus Bush Support Line.

This longstanding service offers confidential support to the rural and remote health workforce. Any member of the health workforce in rural and remote locations can call — as can their family members.

Visit crana.org.au/bushsupportline for more information or call 1800 805 391 for support.

**Option 2:**

Remote health workers face complex decisions, a high level of responsibility, immersion in community, isolation and other unique stressors.

There’s no need to bear the burden alone. If you ever need support, you can contact the @CRANAplus Bush Support Line for a confidential conversation — at any time, from anywhere around Australia.

🖥️ crana.org.au/bushsupportline  
📞 1800 805 391

**Option 3:**

Help is out there. You’re not alone.

If you’re a member of the rural and remote health workforce, the @CRANAplus Bush Support Line is available every hour of every day to provide confidential support.

Call 1800 805 391 or visit crana.org.au/bushsupportline for more information.