

# NEWS RELEASE

## *Help a Mate*

- Help a Mate is an online program hosted on Incitec Pivot Fertilisers' recently launched Farmer Community website.
- The program features a range of online tools and support materials including checklists, videos and a Question and Answer forum where a person can anonymously communicate with a trained psychologist. These materials have been prepared by Dr Chris Day, a clinical psychologist, executive coach, author and public speaker on psychological issues.
- The information is available 24/7 and is free of charge.
- 2010 Australian of the Year Professor Patrick McGorry has provided his support for the program. McGorry is a leading international researcher, clinician and advocate for the youth mental health reform agenda.
- A number of farmers have bravely shared their stories about their battle with mental health through online videos. IPF employee Noel Trevaskis has also shared his story of his battle with depression.
- To access Help a Mate visit [www.incitecpivotfertilisers.com.au](http://www.incitecpivotfertilisers.com.au) and register for membership of the Farmer Community by clicking 'not a member. Once you are inside the Farmer Community click on Help a Mate under the Community tab.

## *Farmer Community*

- The Farmer Community is an online tool for Australia farmers to access a range of plant nutrition information for growers as well as articles, information on global fertiliser dynamics, products, new technologies and the Help a Mate mental health forum.
- To log in to the Farmer Community visit [www.incitecpivotfertilisers.com.au](http://www.incitecpivotfertilisers.com.au) register for membership by clicking 'not a member' and sign up to get your free log-in.

## **Media contacts**

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Or visit [www.incitecpivotfertilisers.com.au](http://www.incitecpivotfertilisers.com.au) and log in to the Farmer Community.

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