



# Support options for those affected by bushfires

Bushfires can affect everyone in the community, even if you are not directly dealing with loss of property or possessions. There are things you can do to take care of yourself and your mental health.

## Self care.

We encourage people to reach out for the support on offer, and take these simple steps to look after their mental health:

1. Spend time with family and friends.
2. Try to get back into a routine as soon as possible, but don't push yourself too hard.
3. Take time out, but don't isolate yourself.
4. Accept help and support when it is offered.

### **Download self care resources**

[ramhp.com.au/get-help-now/self-help-resources](http://ramhp.com.au/get-help-now/self-help-resources)

## Help in a crisis.

If you require immediate support contact

**24hr Mental Health Line – 1800 011 511**

**Lifeline – 13 11 14**

**Beyond Blue – 1300 22 4636**

For children under 12 years

**Kids Helpline – 1800 551 800**

In an emergency, **please call 000** or go to your nearest hospital emergency department.

## Mental health support.

Call the **Connect To Wellbeing\*** service and be directed to the right information or service that best suits your needs. In-person or over the phone services include:

### **NewAccess**

Free early intervention mental health coaching for persons 16 years and over.

### **Healthy Minds**

Free counselling program with mental health professionals trained to support people through challenging times.

### **Call 1300 160 339**

Monday to Friday 8.30am – 5pm

\* The Connect To Wellbeing, Healthy Minds and NewAccess programs are funded by North Coast Primary Health Network.



For ongoing updates, resources and support visit:

 **NSWDisasterRecovery**



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