



For now and beyond the bushfires

It is normal for a traumatic event to affect you emotionally and physically, or may re-trigger previous memories and emotions. You may also need practical assistance to help you get back on your feet.

Where to go and who can help?

Bushfire Counselling Service on
1300 514 811
between 9am-6pm Mon-Fri
to access free counselling
services and advice on options.

Bushfire Case Support Program on
1800 560 760
between 8am-6pm Mon-Fri
9am - 5pm Sat & Sun
to access practical support & advice around:

- Your needs & options
- Available services & support
- Financial grants information
- Financial counselling & assistance
- Paperwork: information & advice
- Business owners: information & advice
- Property clean up registration

For urgent assistance



Speak to your GP,
Your local health professional
Call Lifeline on **13 11 14**

For Mental Health Crisis: **1300 881 104**

For online / Phone App support



headtohealth.gov.au

smilingminds.com.au

moodgym.com.au

mindspot.org.au



For more information, please visit www.apmha.com.au/bushfires/