

# Have you been affected by bushfire?

## Need some support to get back on track?

**It is normal to have strong emotional and/or physical reactions following a distressing event.** This includes natural disasters such as bushfires. You can experience these reactions whether you are directly or indirectly affected.

Almost everyone who experiences a distressing event will be emotionally impacted. But **not everyone** will respond in the same way.

### Possible reactions to distressing events include:

- Feeling stressed, anxious, exhausted or confused
- Feeling sad, overwhelmed or angry
- Shock, feeling 'numb'
- Uncertainty about the future
- Feeling lonely, isolated or withdrawn
- Feeling unwell – headaches, difficulty sleeping, eating, weight loss/gain
- Resentment or blaming others
- Increased substance use
- Thoughts of suicide or self-harm
- Nightmares or vivid dreams



For many people, these reactions will lessen over a few days or weeks, however for some people it may take longer. **Help is available if you need it.**

### When to seek help

If your distress lasts longer than one month, or you are concerned - it is a good idea to seek the support of a health professional.



**Talking to your GP about how you are feeling is a good place to start**

# Mental Health - Bushfire Support

## For young people and children

### What help is available?

Your GP can help you with different support options. This could include accessing local mental health services.

### FREE Mental Health Services

If you live in Wollondilly, Wingecarribee or Camden and feel you have been affected by the bushfire crisis, you and your family can access free mental health support.



### Support for Children (aged 3-12)

STAR4Kids provides free mental health support for children affected by bushfire who live in Wollondilly, Wingecarribee & Camden.

#### How to access STAR4Kids

Talk to your GP to find out more.

Or call [AT Full Potential](tel:46551694) on 4655 1694 to discuss a referral.



### Support for Young People (aged 12-25)

#### Wollondilly & Wingecarribee > ReFrame

ReFrame provides free mental health support for young people affected by bushfire.

#### How to access ReFrame

Talk to your GP to find out more.

Or call or text [Community Links Wellbeing](tel:0455104104) on 0455 104 104 to discuss a referral.

#### Camden > headspace

headspace provides free mental health support for young people affected by bushfire. *Services are available at headspace Campbelltown & Oran Park Library (Tues & Thurs).*

#### How to access headspace

Talk to your GP to find out more.

Or call [headspace Campbelltown](tel:0246279089) on (02) 4627 9089 to discuss a referral.



# Mental Health - Bushfire Support

## Support for Adults

You in Mind provides free mental health support for people (aged 12+) affected by bushfire.

### How to access You in Mind

#### Wollondilly & Wingecarribee

Talk to your GP to find out more.

Or call/text [Community Links Wellbeing](#) on 0455 104 104.

If you live in Warragamba/Silverdale areas call [Connection Emotion Reflection](#) on 4684 3663 to discuss a referral.

#### Camden

Talk to your GP to find out more.

Or call [One Door Mental Health](#) on 9199 6143 to discuss a referral.

## Support for Aboriginal and/or Torres Strait Islander peoples

### Wollondilly & Wingecarribee

Connection Emotion Reflection provides free mental health support for people affected by bushfire who identify as Aboriginal and/or Torres Strait Islander.

### How to access Connection Emotion Reflection

Talk to you GP to find out more.

Or call [Connection Emotion Reflection](#) on 4684 3663 to discuss a referral.

## Other Services

 In addition to these services, anyone who has been affected by bushfire can see a mental health professional for up to 10 bulk-billed sessions, per calendar year.

This is part of the Better Access Bushfire Recovery initiative funded by Medicare.

**No referral or mental health treatment plan is required.**

*Note: There may be an out-of-pocket cost for some services.*

You can talk to your GP to help find a mental health professional.

 Or you can search online

- **Psychologist** - [psychology.org.au/Find-a-Psychologist](https://psychology.org.au/Find-a-Psychologist)
- **Social Worker** - [aasw.asn.au/find-a-social-worker/search/](https://aasw.asn.au/find-a-social-worker/search/)
- **Occupational Therapist** - [otaus.com.au/find-an-ot](https://otaus.com.au/find-an-ot)

# Bushfire Support Resources & Helplines

## Need help outside business hours? 🕒

For help and advice or referral to local mental health services, outside of business hours, phone the NSW Mental Health Access Line to speak with a mental health professional.

**NSW Mental Health Access Line** - 1800 011 511 (available 24/7)

## 🔍 Where to find mental health support and information?

- [Beyond Blue >](#)
- [Lifeline >](#)
- [Australian Psychological Society >](#)
- [Mindspot >](#)
- [Head to Health >](#)
- [Recovery Point >](#)

## Helplines 📞

Help is available if you need to talk

### Lifeline

Call **13 11 14** (available 24/7)

Or Lifeline Bushfire Recovery Helpline **13 43 57 (13HELP)**

OR text **0477 13 11 14** (available 6pm – 12am, 7 days)

### Kids Helpline *(for children & young people aged 5-25 years)*

Call **1800 55 1800** (available 24/7) OR chat online

### Beyond Blue

Call **1300 22 4636** (available 24/7) OR chat online

### MensLine Australia

Call **1300 78 99 78** (available 24/7) OR chat online

## Find out more

Discover more information, local support services and resources at [swsphn.com.au/bushfire-support](https://swsphn.com.au/bushfire-support)



If you, or someone you know, is at immediate risk, please call 000  
or go to your nearest emergency department