

Do you find yourself avoiding things or activities that remind you of the bushfires or floods?

Do you feel restless, irritable or tense and you're not sure why?

Are you having trouble falling or staying asleep?

Does the sound of sirens or helicopters overhead make your heart race?

Have you experienced a loss of hope or interest in the future?

If you were affected by the bushfires or floods, you might benefit from talking to someone who can help.

Free telehealth, face-to-face or phone support is available.

Talk to your GP or call Head to Health

on **1800 595 212**

nbmphn.com.au/TalkToYourDoctor