

Affected by Bushfires?

We offer a range of services and initiatives to help you manage your stress and anxiety, or to connect you with other people who may be dealing with similar issues. *Some of these activities may be paused due to COVID restrictions.*

Health Services

Bushfire Psychological Therapy Services

Support for people whose mental health and wellbeing has been significantly impacted by the recent bushfires. Offers up to 10 free sessions with a psychologist. GP referral.

www.nbmphn.com.au/PsychologicalTherapy

headspace

Early intervention mental health support for young people from 12 to 25 years of age across our region with free or low cost services. Self referral.

headspace Penrith: **4720 8800**

headspace Lithgow: **6352 7600**

SOS

For people 14 years or older at low to moderate risk of suicide or self-harm. Provides free sessions with a psychologist for up to 2 months. GP referral.

www.nbmphn.com.au/SOS

Mental Health Help website

Online directory of local mental health services and supports.

www.MentalHealthHelp.com.au

Digital Support

eheadspace

Free online and telephone support and counselling to young people 12-25 and their families and friends. eheadspace has also put together information for young people about how to cope with the stress of natural disasters.

www.headspace.org.au/eheadspace

HeadtoHealth website

Apps, online programs, online forums, phone supports, and treatment options as well as a range of digital information resources for people trying to improve their own mental health, or support somebody else with mental health issues.

www.headtohealth.gov.au

Mental Health Help website

Online directory of mental health services and supports in our region.

www.MentalHealthHelp.com.au

Emerging Minds Community Trauma Toolkit

Resources to support first responders, GPs, health or social workers, parents or carers to respond.

www.emergingminds.com.au/resources/toolkits/community-trauma-toolkit

MyHealthConnector website

Online directory of local health and lifestyle services to help you reconnect with your community.

www.myhealthconnector.com.au

www.nbmphn.com.au/BushfireSupport

Call A Crisis Helpline

Lifeline

13 43 57
www.lifeline.org.au

**24 hour
NSW Mental Health Line**
1800 011 511

Beyond Blue
1300 22 4636
www.beyondblue.org.au

MensLine
1300 789 978
www.mensline.org.au

Kids Helpline
1800 55 1800
www.kidshelpline.com.au

GriefLine
1300 845 745
www.griefline.org.au

Suicide Call-Back Service
1300 659 467
www.suicidecallbackservice.org.au

**Service NSW – Bushfire
Customer Care Line**
1800 018 444

Housing Contact Centre
13 77 88
www.service.nsw.gov.au

**Open Arms – Veterans
& Families Counselling**
1800 011 046
www.openarms.gov.au

Community Based Wellbeing Projects

Hawkesbury Be & Co.

Be & Co. focuses on community connectedness and reducing social isolation. These sessions will continue every Thursday via zoom sessions.
www.facebook.com/beco.hawkesbury or 4577 4435

Lithgow & Hawkesbury Farmers Online Project

Taking the 'Farmers and Friends Online' project completely online, participants will have access to a 'Tech Mate' that can help them with digital tasks such as ordering groceries and staying connected with family and friends.

Leep Head Office – 1300 163 106

Mental Health Matters

Mental Health Matters is a short course to encourage early intervention and a supportive culture to help reduce the impact of mental health issues. During COVID-19 the course will be delivered via webinar only.

Bookings via Australian Red Cross: <http://bit.ly/2GgGTgE>