

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.

Health Services

Bushfire Psychological Therapy Services (PTS)

Do you find yourself avoiding things or activities that remind you of the bushfires? Do you feel restless, irritable or tense and you're not sure why? Are you having trouble falling or staying asleep? If you were affected by the 2019/20 bushfires, you might benefit from talking to someone who can help. Up to 10 free sessions with a professional are available. Contact your GP for more information on how to access this service.

www.nbmphn.com.au/TalkToYourDoctor

Gateway Family Services Wellbeing Outreach Program

The Wellbeing Outreach Program sits alongside Gateway's 'Step by Step Recovery Support Service' to provide a comprehensive range of free practical, emotional and psychological outreach support for residents in the Blue Mountains, Hawkesbury and Lithgow areas. A referral is not needed and there are no drawn-out waiting periods. To book a session, please call or email your local Wellbeing Worker.

Blue Mountains, Clarence and Dargan residents:

Call Megan **0490 676 269** or email

meganw@gatewayfamilyservices.org.au

Hawkesbury residents: Call Nicole Luhrs **0490 670 682**

or email nicolel@gatewayfamilyservices.org.au

Lithgow residents: Call Alan **0490 824 690**

or email alanh@gatewayfamilyservices.org.au

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 Katoomba: **1800 478 626**

headspace Lithgow: **6352 7600**

headspace Penrith: **4720 8800**

headspace Bushfire Recovery Service

The headspace Bushfire Recovery Service provides coordinated and early intervention services to young people in the Blue Mountains and Hawkesbury area who are aged 12 to 25 who were affected by the 19/20 bushfires.

headspace Katoomba and Hawkesbury: **1800 478 626**

www.nbmphn.com.au/headspace

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

Black Dog Institute Bushfire Support Service

Offers emergency service workers and their adult family members mental health support.

(02) 8627 3314

www.BlackDogInstitute.org.au/bush-fire-support-service

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

Step by Step

A personalised service assisting those affected by disasters. The service is available across the Hawkesbury, Lithgow and Blue Mountains areas and can provide assistance with information, decision-making and recovery resources.

0417 298 832

www.GatewayFamilyServices.org.au/disaster-recovery-support

R U OK? Triple OK for Emergency Services

Aims to increase levels of peer and social support for police and emergency services workers nationwide. Printable resources and information are available at:

www.ruok.org.au/triple-ok

FORTEM Australia

Provides evidence-based, comprehensive and integrated wellbeing support to first responder families.

1300 33 95 94

www.FortemAustralia.org.au

Head to Health Pop Up

Head to Health Pop Up can help you find local mental health services to meet your needs. A trained professional will take your call, take the time to understand what is going on in your life, and connect you to the best local support or service for you.

1800 595 212

www.HeadToHealth.gov.au/popup

Winmalee Neighbourhood Centre Bushfire Recovery

A range of relief and recovery assistance is available, providing a non-judgemental and confidential service that maintains the dignity of the individual.

(02) 4754 4050

Salvos National Bushfire Recovery Services

Providing a range of services and assistance measures – including financial assistance, emotional support and referrals to help people and communities across Australia that have been impacted by disasters.

0429 549 494

Rural Adversity Mental Health Program

Coordinators link people to local mental health services and resources, educate workplaces and communities about mental health and wellbeing and respond in times of natural disasters and severe adversity.

0448 125 676

Rural Financial Counselling Service NSW – Bushfire Recovery Financial Counsellors

The NSW Rural Financial Counselling Service (RFCS) is a free and confidential service that provides information and assistance on financial position, budgets and submitting applications.

1800 344 090

www.rfcscr.com.au