

For now and beyond the bushfires



It is normal for a traumatic event to affect you emotionally and physically, even if you are not directly affected these events can re-trigger previous memories and emotions.

Where to go and who can help?

Please call the Bushfire Counselling
Phone Line on
1300 514 811

between 9am-6pm Mon-Fri
to access free counselling services and
advice on options.

For urgent assistance



Speak to your GP, local health
professional or call Lifeline on

13 11 14

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

For online or phone app support



- headtohealth.gov.au
- smilingminds.com.au
- moodgym.com.au
- mindspot.org.au



Head to Health



SMILING
MIND



moodgym



MindSpot

To access more information and resources,
please visit www.apmha.com.au/bushfires/