

# For now and beyond the bushfires



*It is normal for a traumatic event to affect you emotionally and physically, or may re-trigger previous memories and emotions. You may also need practical assistance to help you get back on your feet.*

## Where to go and who can help?

Bushfire Counselling Service on  
**1300 514 811**  
between 9am-6pm Mon-Fri  
to access free counselling  
services and advice on options.

Bushfire Case Support Program on  
**1800 560 760**  
between 8am-6pm Mon-Fri  
9am - 5pm Sat & Sun  
to access practical support & advice around:

- Your needs & options
- Available services & support
- Financial grants information
- Financial counselling & assistance
- Paperwork: information & advice
- Business owners: information & advice
- Property clean up registration

### For urgent assistance



Speak to your GP,  
Your local health professional  
Call Lifeline on **13 11 14**

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

### For online / Phone App support



[headtohealth.gov.au](http://headtohealth.gov.au)

[smilingminds.com.au](http://smilingminds.com.au)

[moodgym.com.au](http://moodgym.com.au)

[mindspot.org.au](http://mindspot.org.au)



**For more information, please visit [www.apmha.com.au/bushfires/](http://www.apmha.com.au/bushfires/)**