

Not feeling like yourself after the bushfires?

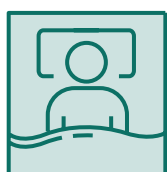
It can help to talk

It's normal to have strong emotional and physical reactions after a significant event. There is no right or wrong way to feel – people can respond to the same event in very different ways.

Some normal responses:

- You might feel anxious, overwhelmed or confused; feel sad, irritable or angry, or numb.
- You might feel unwell – headaches, difficulty sleeping, losing or gaining weight.
- Some people might increase their use of alcohol or drugs. Some may even think of harming themselves.

Simple strategies can help like:



Getting
enough sleep



Regular
exercise



Talking to
family and friends



Finding time to
do something you
enjoy each day



Talking to
a professional

Talking to a professional can help you process your reactions and develop healthy coping strategies.

If you want some more support, if people you know are worried about you, or if you're still feeling unsettled even after a few weeks – it is a good idea to talk to someone. **Help is available.**

What help is available in the Bega Valley Shire?

Get help through your local recovery support service (financial, practical, emotional)

The **Recovery Support Service** is a specialised local service assisting people impacted by the 2019-20 bushfires. If you need emotional, personal or practical support, the recovery support service can help. Your own case worker can connect you with mental health support, counselling, disaster assistance, grants, other services and community resources. They can walk with you as you address the complex challenges and issues during your recovery journey.

You do not need a referral to access this service – simply reach out via phone or email to connect with the **Bega Valley Recovery Support Service**.

Call **02 6499 2345**

Email **recovery@begavalley.nsw.gov.au**





What help is available in the Bega Valley Shire?

Free counselling sessions

Lots of people in similar circumstances are finding it helpful to get extra support and talk to a professional for advice and guidance. You might too.

Counselling can help you process powerful emotions such as grief or anger, deal with immediate causes of stress and anxiety, manage relationships, and identify options when making decisions.

COORDINARE – South Eastern NSW PHN funds the following services in the Bega Valley. You can contact one of the providers directly to book in:

-  CatholicCare Bushfire Recovery Counselling. Call **1800 068 698** or **02 6162 6100**
-  Grand Pacific Health Bushfire Recovery. Call **1800 228 987**
-  headspace Bega (for young people aged 12 – 25). Call **1800 959 844**
-  Connect for Kids, Royal Far West (for children 0-15 years). A doctor's referral is required to access this video link service. Speak to Royal Far West to find out more. Call **02 8966 8500**



NSW Mental Health Line

To connect to a **Bushfire Recovery Clinician**, or to seek professional mental health help and advice, you can call the Mental Health Line (24 hours a day, 7 days a week)






 Call **1800 011 511**

Other help

Local places that can help connect you with support for your emotional and mental wellbeing

-  Your local doctor
-  Your Aboriginal Community Controlled Health Organisation, Katungul Bega Valley. Call **02 6492 0532**
-  Sapphire Health and Wellbeing Service, for people impacted by alcohol and other drug issues. Call **02 6494 8870**
-  An eligible psychologist, occupational therapist, social worker or doctor can provide up to 10 Medicare-rebated sessions of psychological therapy (face to face or via telehealth). Call **02 6499 2345**

Online and phone services

-  Lifeline's Bushfire Recovery Crisis line supports people who have been affected by the bushfires through free and confidential support from a trained counsellor. Call **13 HELP (13 43 57)**.
-  Kids Helpline offers free and confidential support for people aged 5 – 25, anytime and for any reason. Kids Helpline also provides support and resources online for kids, teens, young adults, parents and carers, and schools and teachers at www.kidshelpline.com.au. Call **1800 55 1800**.
-  The Suicide Call Back Service provides free telephone, video and online counselling for anyone who is affected by suicide (including people who are feeling suicidal or are worried about someone who might be). Call **1300 659 467**.
-  Visit www.headtohealth.gov.au for online support and resources, from some of Australia's most trusted mental health organisations. This includes apps, online programs, online forums and phone services.
-  The Australian Red Cross has information, practical strategies, and advice for coping after a crisis. Visit www.redcross.org.au/get-help/emergencies/coping-after-a-crisis.

More information

Visit www.bushfirerecovery.gov.au

for more information about the range of support on offer if you have been affected by the bushfires.