

# 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

### **NewAccess**

Free mental health coaching for people over 16 years who are stressed, anxious or overwhelmed, and those who have been impacted by bushfires. Available over the phone or face-to-face. Self referral.

[www.marathonhealth.com.au/newaccess](http://www.marathonhealth.com.au/newaccess)  
or call **6333 2838**

### **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](http://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](http://www.nbmphn.com.au/SOS)

### **Mental Health Help website**

Online directory of local mental health services and supports.

[www.MentalHealthHelp.com.au](http://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](http://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](http://www.headtohealth.gov.au)

### **Mental Health Help website**

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

[www.MentalHealthHelp.com.au](http://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](http://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](http://www.myhealthconnector.com.au)

[www.nbmphn.com.au/BushfireSupport](http://www.nbmphn.com.au/BushfireSupport)

## Call A Crisis Helpline

### **Lifeline**

13 43 57  
[www.lifeline.org.au](http://www.lifeline.org.au)

### **24 hour**

### **NSW Mental Health Line**

1800 011 511

### **Beyond Blue**

1300 22 4636  
[www.beyondblue.org.au](http://www.beyondblue.org.au)

### **MensLine**

1300 789 978  
[www.mensline.org.au](http://www.mensline.org.au)

### **Kids Helpline**

1800 55 1800  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

### **GriefLine**

1300 845 745  
[www.griefline.org.au](http://www.griefline.org.au)

### **Suicide Call-Back Service**

1300 659 467  
[www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

### **Service NSW – Bushfire Customer Care Line**

1800 018 444

### **Housing Contact Centre**

13 77 88  
[www.service.nsw.gov.au](http://www.service.nsw.gov.au)

### **Open Arms – Veterans & Families Counselling**

1800 011 046  
[www.openarms.gov.au](http://www.openarms.gov.au)

## Community Based Wellbeing Projects

### **Capertee Valley Resilient Farmers Program**

Social interaction, learning and consultation events focusing on restoring hydration of the Capertee Valley.  
[cvlandcare@gmail.com](mailto:cvlandcare@gmail.com)

### **Hawkesbury Be & Co.**

A pop-up social event offering free coffee and conversation. Be & Co. focuses on community connectedness and reducing social isolation.  
[www.facebook.com/beco.hawkesbury](https://www.facebook.com/beco.hawkesbury) or **4577 4435**

### **Hawkesbury Feedbag Garden Project**

Improving social connections and wellbeing by providing knowledge, skills and rural community support, involving food hampers; community volunteer training; maintaining the community garden; strengthening community networks.  
**Hawkesbury Community Outreach Services Inc.** on **4573 1166**

### **Hawkesbury Remakery**

A regular schedule of Creative Lifestyle and Sustainability Skills (CLASS) through a hub of craft activities to upskill local people for leisure as well as volunteer projects to support the community.  
[info@hawkesburyremakery.com.au](mailto:info@hawkesburyremakery.com.au) or **4587 8958**

### **Lithgow & Hawkesbury Farmers Online Project**

One-on-one digital mentoring available to farmers and community members wanting to become more online savvy. Some small group workshops to improve digital literacy also available.  
**Leep Head Office – 1300 163 106**

### **Lithgow Lifeskills**

Reduce stress and learn new coping mechanisms through a modified Dialectical Behavioural Therapy and Art as Therapy program.  
[skconwaypowles@gmail.com](mailto:skconwaypowles@gmail.com) or **0428 081 783**

### **Mental Health Matters**

Free wellbeing workshops covering resilience, coping strategies, dealing with crisis situations and where to obtain mental health support. Half day sessions and 90 minute online courses will be offered.  
**Bookings via Australian Red Cross: <http://bit.ly/2GgGTgE>**

### **R U OK? Sessions**

This free wellbeing workshop is designed to assist people to connect with those around them and support anyone struggling with life. Saturday, 15 February, bookings via Eventbrite:  
*Colo Heights – 9am-11am: <http://bit.ly/2RlnNVY>*  
*St Albans – 2pm-4pm: <http://bit.ly/37g0F87>*