

Your wellbeing

Information on support, counselling and advice

This handout aims to give you an overview of the wellbeing resources that you may find helpful with your recent bushfire experiences.

If you are feeling highly distressed and could benefit from immediate assistance, please refer to your local GP or hospital service.

Feelings of distress should not be ignored and there are many professionals available to assist you.

Telephone helplines

If you feel you would like to talk to someone please find below a list of useful resources for you to contact:

Victorian Bushfires Case Support Program – call 1800 560 760 to access services such as information and advice, mental health support or financial counselling. They will also help with practical things like filling out paperwork, accessing grants and financial claims, and navigating services.

LifeLine – call 13 43 57 for this 24-hour telephone service that offers confidential support and advice to help you deal with stress and personal challenges.

Beyondblue information line – call 1300 224 636 for this information line that offers expert information on depression, how to recognise the signs of depression, how to get help, how to help someone else and how to stay well.

Safe Steps Family Violence Response Centre – call 1300 606 024 or 1800 015 188 for confidential support and information for women and children living with family violence or to anyone who knows a person living with family violence.

Mensline - call 1300 789 978 for support, information and referral service, helping men deal with their relationship problems.

Nurse-on-Call – call 1300 60 60 24 for a 24-hour telephone service that allows people to discuss any health-related issue with a registered nurse for the cost of a local call.

Kids Help Line – call 1800 551 800 for a 24-hour telephone service that provides phone and online counselling service for young people aged 5-25.

Family Violence Support Services

Triple Zero – call 000 if you or someone you know is in immediate danger.

Safe steps – call 1800 015 188 (24 hours a day, seven days a week) – for women and children who are victims of family violence

1800 Respect – call 1800 737 732 (24 hours a day, seven days a week) – for people experiencing or at risk of experiencing sexual assault, domestic or family violence

Men’s Referral Service – call 1300 766 491 (8am to 9pm Monday to Friday; 9am to 5pm Saturday and Sunday) – for men using controlling behaviour

Sexual Assault Crisis Line – call 1800 806 292 (24 hours a day, seven days a week) – for victims of sexual assault

Child Protection – call 13 12 78 (5pm to 9am Monday to Friday, 24 hours on weekends and public holidays) – for children and young people whose safety is at risk

Useful resources

Find a Psychologist

Search for a psychologist in your area. Access over 2,300 psychologists Australia-wide, who are in private practice and provide services for a fee.

Website: www.findapsychologist.org.au

Red Cross resources about disasters

Includes After the Emergency Podcast

Website: <https://www.redcross.org.au/get-help/emergencies/resources-about-disasters>

Lifeline online

Website: <https://www.lifeline.org.au/Get-Help/Online-Services/crisis-chat>

Mood Gym

A free self-help program to teach cognitive behaviour therapy skills to people vulnerable to depression and anxiety.

Website: <https://moodgym.anu.edu.au>