



# Emotional support for bushfire affected communities in the Central Coast

**BUSHFIRES CAN HAVE A SIGNIFICANT IMPACT ON THE MENTAL HEALTH AND WELLBEING OF AFFECTED COMMUNITIES AND INDIVIDUALS.**

The PHN funds and supports a number of organisations to provide recovery services. There are a range of services to assist no matter how you are feeling...

[THEPHN.COM.AU](http://THEPHN.COM.AU)

**phn**  
HUNTER NEW ENGLAND  
AND CENTRAL COAST  
An Australian Government Initiative



## HOW ARE YOU FEELING?

Being active	Self-aware and calm
Sleeping normally	Coping well
Feeling connected	Motivated and doing well
Positive	Lots of energy

### Great work keep it up!

Continue to talk to friends and family and remember support is available should need it.

For further information visit:

Services NSW customer care after a bushfire

📞 [www.service.nsw.gov.au/guide/bushfire-preparation-and-recovery](http://www.service.nsw.gov.au/guide/bushfire-preparation-and-recovery)

Central Coast Local Health District

📞 [www.cclhd.health.nsw.gov.au/emergency-information/](http://www.cclhd.health.nsw.gov.au/emergency-information/)

HNECC Primary Health Network

📞 [www.thephn.com.au/community/disaster-management-for-communities](http://www.thephn.com.au/community/disaster-management-for-communities)



## HOW ARE YOU FEELING?

Not doing as much as usual	Irritable and impatient
Some trouble sleeping	Nervous and worried
Withdrawing from social activity	Putting things off and forgetting stuff
Overwhelmed	Not much energy

### Need Community or Peer Support?

Lifeline: confidential emotional support

📞 1300 152 854

Mind Health - Online counselling at [mindhealth.org.au](http://mindhealth.org.au)

📞 1300 029 131

Head 2 Health Online counselling

📞 1800 595 212

Rural Adversity Mental Health Program

📞 <https://www.ramhp.com.au/get-support/>



## HOW ARE YOU FEELING?

Not enjoying activities	Frustrated or angry
Restless and disturbed sleep	Feeling panicked and nervous
Annoyed with everyone	Not working well and not motivated
Feeling hopeless	Tired

### Need Counselling?

Rural Health Connect - Online telehealth platform linking people to psychologists over video and phone calls.

📞 <https://ruralhealthconnect.com.au/>

Mind Health - Online counselling at [mindhealth.org.au](http://mindhealth.org.au)

📞 1300 029 131

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NSW Government Disaster Wellbeing Support options for the Central Coast



## HOW ARE YOU FEELING?

Avoiding activity	Aggressive or out of control
Sleeping too much or too little	Really anxious and panic attacks
Avoiding people and isolated	Can't get anything done
Depressed or suicidal thoughts	No energy and feeling unwell

### If you are in crisis...

Call triple zero 000 (Ambulance, Fire, Police)

Visit your nearest hospital emergency department

Call Lifeline

📞 13 11 14

Call Suicide Call Back Service

📞 1300 659 467