



Emotional support for bushfire affected communities in the Manning Region

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

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

Disaster Recovery Wellbeing Support



https://hneccphn.imgix.net/assets/src/uploads/images/RN_SW_mental_health_sheet_hunter.pdf

HNECC Primary Health Network

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?

Farmgate Workers Intake

[☎ 0477 322 851](tel:0477322851)

Lifeline: confidential emotional support

[☎ 1300 152 854](tel:1300152854)

Mind Health - Online counselling at mindhealth.org.au

[☎ 1300 029 131](tel:1300029131)

Head 2 Health Online counselling

[☎ 1800 595 212](tel:1800595212)

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/](https://ruralhealthconnect.com.au/)

Mind Health - Online counselling at mindhealth.org.au

[☎ 1300 029 131](tel:1300029131)

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NSW Government Disaster Wellbeing Support options for the Hunter



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](tel:131114)

Call Suicide Call Back Service

[☎ 1300 659 467](tel:1300659467)