

A photograph of a beach scene. In the foreground, there is a wooden structure, possibly a viewing platform or walkway, with a railing. The middle ground shows a sandy beach leading to the ocean. The waves are breaking, and the sky is clear and blue.

# 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...



## 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 PHN Peoplebank site  
[peoplebank.hnecphn.com.au/bushfire-recovery](http://peoplebank.hnecphn.com.au/bushfire-recovery)

National Bushfire Recovery Agency's website  
[bushfirerecovery.gov.au](http://bushfirerecovery.gov.au)

More information is available at [patientinfo.org.au](http://patientinfo.org.au)



## 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

1. You can contact a **Bushfire Clinician** Hunter New England Health or Manning Mental Health Bushfire Program Clinicians Tony Colechin ☎ 0407 801 331 or Jinu Abraham ☎ 0407 609 690



2. **Farmgate Support Program Counsellors & Peer Support Workers** Intake No ☎ 0477 322 851

3. Access confidential emotional support by contacting ☎ 1300 152 854



4. Online counselling at [mindhealth.org.au](http://mindhealth.org.au)  
 ☎ 1300 029 131



## 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

1. Access up to 10 free counselling sessions by self-referring to:

- › Phone ☎ 02 4979 1120
- › Email ☎ [ccenquiries@catholiccare.org.au](mailto:ccenquiries@catholiccare.org.au)

2. Access 10 free counselling sessions through Medicare by asking a Psychologist, Social Worker or Occupational Therapist.

3. Talk to your GP about the Better Access Bushfire Recovery Initiative MBS Items.



## 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