MURRUMBIDGEE LOCAL HEALTH DISTRICT

Media Release

7 January 2020

BUSHFIRE MENTAL HEALTH SUPPORT

Murrumbidgee Local Health District is encouraging anyone who has been impacted by the bushfires to prioritise their emotional wellbeing as well as that of people around them.

In a disaster such as the current fires, people may feel distressed, overwhelmed, sad, angry, afraid and grieve at what has been lost. They may have difficulty coping with those emotions. People impacted by the fires are likely to worry a lot more than usual and have trouble concentrating and making decisions.

Supportive counselling is available for people directly impacted by the fires.

Free face-to-face support

If you are struggling and currently located in Tumut or Wagga Wagga, there is someone you can talk to. You don't need an appointment, just drop in and say you need to talk to a counsellor.

MLHD has increased the amount of counsellors available on site in Tumut and Wagga Wagga. Free face to face supportive counselling is available 7 days a week.

- **Tumut Regional Family Services**
  182 Wynyard Street
  9am - 5pm

- **Wagga Wagga Disaster Assistance Centre**
  Equex Centre, Corner Kooringal Road and Copland Street
  9am - 5pm

Free Telephone support

If you are not located in either of these communities, you can still get assistance by calling the Murrumbidgee Local Health District AccessLine on 1800 800 944 and let them know you have been affected by the bushfires and need to talk to a counsellor. They will arrange for you to be contacted by someone from your local Health team.

In an emergency or if you or someone else is in immediate danger, call **000** or go to your nearest hospital emergency department.

MURRUMBIDGEE LOCAL HEALTH DISTRICT

Tel. 02 5943 2009 Mob. 0412 324 122 Email. MLHD-News@health.nsw.gov.au .

@MurrumbidgeeLHD /MurrumbidgeeLHD @Murrumbidgee_LHD /MLHD /MurrumbidgeeLHD

healthdirect – 24 hour health advice and information you can count on 1800 022 222.

People can be at an increased risk of developing anxiety and depression after a traumatic event, but it's important to know that help is available.

Where to get help

In an emergency, or if you or someone else is in immediate danger, call **000** or go to the nearest open hospital emergency department.

Other Support Services

- Murrumbidgee AccessLine 1800 800 944 provides 24 hour/7 day per week support, advice and referral to mental health and drug and alcohol services. Carers, other health professionals and emergency workers can also use AccessLine for advice about a person's clinical symptoms, their need for care and local treatment options.
- Call **Lifeline** on **13 11 14**, 24/7; or text **0477 13 11 14** between 6pm and midnight
- **Beyondblue Support Service** via phone 24/7 on **1300 22 4636** or via www.beyondblue.org.au/get-support for online chat (3pm–12am AEST) or email responses (within 24 hours).
- Online materials available at www.headtohealth.gov.au Australian Red Cross www.redcross.org.au/emergency-resources#recover-from-disasters

A full listing of support numbers can be found at www.healthdirect.gov.au/mental-health-helplines