

Where to get help: Community resources for people affected by drought and bushfire

Bushfire and drought have had a big impact on our emotional wellbeing and mental health. This resource has been put together to provide information and support for yourself, your family or someone you are concerned about. There are many ways you can access help including over the phone, internet or face to face. This resource provides a range of ideas for crisis counselling and support and mental health treatment programs that can be accessed by phone, as apps or online. These services are not just for people with a mental health diagnoses but are designed for anyone who is experiencing problems. Most of these services and resources are free and can be accessed anytime.

Crisis Support and Counselling



Lifeline

If you, or someone you know is in emotional distress or in need of support, please call Lifeline to talk to a Crisis Supporter on:

- 13 11 14 (24 hours / 7 days)
- Text Lifeline on 0477 13 11 14 (6pm - midnight, 7 nights)
- or chat online at www.lifeline.org.au (7pm - midnight, 7 nights)



Suicide Call Back Service

1300 659 467 National 24/7 professional telephone and online counselling for anyone affected by suicide.



Beyond Blue Support Service

1300 224 636 Telephone (24/7), online and email counselling



Mens Line Australia

1300 789 978



Kids Helpline

Kids Helpline is Australia's only free (even from a mobile), confidential 24/7 online and phone counselling service for young people aged 5 to 25. Qualified counsellors at Kids Helpline are available via WebChat, phone or email anytime and for any reason. To contact by phone, call 1800 55 1800.

Farmers Assistance Hotline

13 23 16

e-mental Health Programs



eMHprac has compiled a directory of Australian, evidence-based, free (or low-cost), publicly funded digital mental health programs and resources. www.eMHprac.org.au



Head to Health brings together apps, online programs, online forums, and phone services, as well as a range of digital information resources. <https://headtohealth.gov.au/>



Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health. www.beyondblue.org.au

They have a range of resources specifically designed to support individuals and families affected by drought and bushfire. Looking after yourself after a disaster.

<https://www.beyondblue.org.au/the-facts/looking-after-yourself-after-a-disaster>

Drought A crisis in more ways than one: <https://www.beyondblue.org.au/personal-best/pillar/in-focus/drought-a-crisis-in-more-ways-than-one>

Bushfires and Mental Health: <https://www.beyondblue.org.au/the-facts/bushfires-and-mental-health/>



Phoenix Australian Centre of Post Traumatic Mental Health

promotes recovery for the 15 million Australians affected by trauma. They also have a range of resources to support community members affected by the bushfires.

<https://www.phoenixaustralia.org/>

<https://www.phoenixaustralia.org/resources/bushfires/>

ifarmwell A free online tool kit to help farmers cope effectively with life's challenges and get the most out of every day. <https://www.ifarmwell.com.au/>

Young People



Kids Helpline is Australia's only free (even from a mobile), confidential 24/7 online and phone counselling service for young people aged 5 to 25. Qualified counsellors at Kids Helpline are available via WebChat, phone or email anytime and for any reason. To contact by phone, call 1800 55 1800.

Niggle a wellbeing app by Kids Helpline <https://kidshelpline.com.au/niggle>

eheadspace provides free online support and counselling to young people 12-25 and their families and friends. Call 1800 650 890 or visit www.eheadspace.org.au

ReachOut.com provides practical tools, forums and information for young people and their parents on a range of mental health topics. <https://au.reachout.com/>

Black Dog Institute Bite Back is a free online activities, psychoeducation and positive psychology aiming to promote resilience and wellbeing in young people. <https://www.blackdoginstitute.org.au/>

Aboriginal and Torres Strait Islanders



Head to Health

<https://headtohealth.gov.au/supporting-someone-else/supporting/aboriginal-and-torres-strait-islander-peoples>

iBobbly a wellbeing and suicide prevention app for young Aboriginal and Torres Strait Islanders <https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/>

National Aboriginal Community Controlled Health Organisation (NACCHO) Aboriginal Community Controlled Health Services and Aboriginal Medical Services in each state and territory.

Aboriginal Health and Medical Research Council Self Care Toolkit

<https://www.ahmrc.org.au/publication/self-care-toolkit/>

MindSpot Indigenous Wellbeing

A course for Aboriginal and Torres Strait Islanders to learn to cope with anxiety and depression.

