

Mental health and wellbeing support for communities impacted by Walwa bushfires



If you're not sure where to start, you can contact Partners in Wellbeing or the Medicare Mental Health Phone Service. These FREE services can help you navigate the system and connect with the right support.

Partners in
Wellbeing

1300 375 330

medicare Phone Service

Mental Health
1800 595 212

LOCAL SERVICES



Counselling

02 6076 3200



Counselling

1800 657 573



Mental Health &
Wellbeing Connect
(for carers)

Call 1800 572 129
Text 0485 864 597



Psychosocial Recovery
Service

03 5822 8600

24/7 CRISIS SUPPORT



If at risk of immediate harm

Call 000



For family violence
related matters

1800 015 188



Call 13 HELP (13 43 57)
Text 0477 131 114



1300 659 467



Mental Health triage

1300 104 211

Lifeline's bushfire support toolkit includes practical information and tools to help people cope during and after natural disasters.

Visit lifeline.org.au or call 13 HELP (13 43 57)



SCAN ME

NATIONAL SERVICES



1300 22 4636



Aboriginal & Torres Strait Islanders
1392 76



1800 551 800



for people aged 12-25 years
1300 332 022



LGBTIQ+ support
[Qlife.org.au](https://qlife.org.au)



Veterans & families counselling
1800 011 046



1300 789 978



1800 888 236



AgBiz Assist

02 6057 5777



For farmers & their families
1300 175 594

**You can also speak to your local GP
for mental health support.**

This resource may be updated as the bushfire response continues.