

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 Text	13 HELP (13 43 57) 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 139276
	1800 551 800
	for people aged 12-25 years 1300 332 022
	LGBTIQ+ support Qlife.org.au
	Veterans & families counselling 1800 011 046
	1300 789 978
	1800 888 236
	02 6057 5777
	For farmers & their families 1300 175 594

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