

Affected by Bushfires?

We offer a range of services and initiatives to help you manage your stress and anxiety, or to connect you with other people who may be dealing with similar issues.

Clinical Services

NewAccess

Confidential and free mental health coaching program for people over 16 years who are stressed, feeling anxious or overwhelmed about everyday life issues, and those who have been impacted by the recent bushfires. It is available over the phone or face-to-face. Self referral.

www.marathonhealth.com.au/newaccess
or call **6333 2838**

headspace

Early intervention mental health support for young people from 12 to 25 years of age across our region with free or low cost services.

headspace Penrith: **4720 8800**

headspace Lithgow: **6352 7600**

Psychological Therapy Services

Short term support for people with mild to moderate mental health concerns. Offers individuals up to 10 sessions with a psychologist. Will shortly be available for people affected by bushfire. Please talk to your GP for a referral.

www.nbmphn.com.au/PsychologicalTherapy

SOS

For people 14 years or older at low to moderate risk of suicide or self-harm. Please talk to your GP for a referral.

www.nbmphn.com.au/SOS

Mental Health Help website

Online directory of local mental health services and supports.

www.MentalHealthHelp.com.au

Digital Support

eheadspace

Free online and telephone support and counselling to young people 12-25 and their families and friends. eheadspace has also put together information for young people about how to cope with the stress of natural disasters.

www.headspace.org.au/eheadspace

HeadtoHealth website:

Apps, online programs, online forums, phone supports, and treatment options as well as a range of digital information resources for people trying to improve their own mental health, or support somebody else with mental health issues.

www.headtohealth.gov.au

Mental Health Help website:

Online directory of mental health services and supports in our region.

www.MentalHealthHelp.com.au

Emerging Minds Community Trauma Toolkit:

Resources to support first responders, GPs, health or social workers, parents or carers to respond.

www.emergingminds.com.au/resources/toolkits/community-trauma-toolkit

MyHealthConnector website:

Online directory of local health and lifestyle services to help you reconnect with your community.

www.myhealthconnector.com.au

www.nbmphn.com.au/BushfireSupport

Call A Crisis Helpline

Lifeline

13 11 14
www.lifeline.org.au

24 hour

NSW Mental Health Line

1800 011 511

Beyond Blue

1300 22 4636
www.beyondblue.org.au

MensLine

1300 789 978
www.mensline.org.au

Kids Helpline

1800 55 1800
www.kidshelpline.com.au

GriefLine

1300 845 745
www.griefline.org.au

Suicide Call-Back Service

1300 659 467
www.suicidecallbackservice.org.au

Service NSW – Bushfire Customer Care Line

1800 018 444

Housing Contact Centre

13 77 88
www.service.nsw.gov.au

Open Arms – Veterans & Families Counselling

1800 011 046
www.openarms.gov.au

Community Based Wellbeing Projects

Capertee Valley Resilient Farmers Program

Social interaction, learning and consultation events focusing on restoring hydration of the Capertee Valley.
cvlandcare@gmail.com

Hawkesbury Be & Co.

A pop-up social event offering free coffee and conversation. Be & Co. focuses on community connectedness and reducing social isolation.
www.facebook.com/beco.hawkesbury or 4577 4435

Hawkesbury Feedback Garden Project

Improving social connections and wellbeing by providing knowledge, skills and rural community support, involving food hampers; community volunteer training; maintaining the community garden; strengthening community networks.
Hawkesbury Community Outreach Services Inc. on 4573 1166

Hawkesbury Remakery

A regular schedule of Creative Lifestyle and Sustainability Skills (CLASS) through a hub of craft activities to upskill local people for leisure as well as volunteer projects to support the community.
info@hawkesburyremakery.com.au or 4587 8958

Lithgow & Hawkesbury Farmers Online Project

One-on-one digital mentoring available to farmers and community members wanting to become more online savvy. Some small group workshops to improve digital literacy also available.
Leep Head Office – 1300 163 106

Lithgow Lifeskills

Reduce stress and learn new coping mechanisms through a modified Dialectical Behavioural Therapy and Art as Therapy program.
skconwaypowles@gmail.com or 0428 081 783

Mental Health Matters

Free wellbeing workshops covering resilience, coping strategies, dealing with crisis situations and where to obtain mental health support. Half day sessions and 90 minute online courses will be offered.
Bookings via Australian Red Cross: <http://bit.ly/2GgGTgE>

RUOK Sessions

This free wellbeing workshop is designed to assist people to connect with those around them and support anyone struggling with life. Saturday, 15 February, bookings via Eventbrite:
Colo Heights – 9am-11am: <http://bit.ly/2RlnNVY>
St Albans – 2pm-4pm: <http://bit.ly/37g0F87>