

Not feeling like yourself  
after the fires?

# Local contacts

National Recovery and  
Resilience Agency



phn  
SOUTH WESTERN  
SYDNEY  
An Australian Government Initiative



## Wollondilly Recovery Support Services

A bushfire recovery support worker can connect you with mental health support, counselling, disaster assistance, grants, other services and community resources.

 **02 4683 2776**

 **intake@communitylinks.org.au**

## NSW Mental Health Line

Available 24/7 for professional help, advice, referrals to local mental health services, or to connect to a **Bushfire Recovery Clinician**.

 **1800 011 511**

**Turn over for more useful contacts >**

Lots of people are finding it helpful to get  
some emotional support after the fires.

You might too.

You can call any of the local contacts on this  
card for free and confidential support.

**recovery.gov.au/mental-health**

## Free counselling

These services have been commissioned by South West Sydney PHN for the Wollondilly region. Call directly to discuss a referral:



STAR4Kids (for children aged 3-12) –  
**02 4655 1694**



ReFrame (for young people aged 12-25) –  
**0455 104 104**



You in Mind counselling for adult  
mental health support – **0455 104 104**  
or **02 4683 2776**



Connection Emotional Reflection for  
Aboriginal and/or Torres Strait  
Islander peoples – **02 4684 3663**



For more information, visit  
[www.swsphn.com.au/bushfire-support](http://www.swsphn.com.au/bushfire-support)

## Local help



Your doctor – can help you with  
support for your emotional and mental  
wellbeing.



headspace Campbelltown (for young  
people aged 12 – 25) - **02 4627 9089**



For emergency services workers:  
Fortem Australia - **1300 33 95 94**  
Black Dog Institute - **02 8627 3314**

## Phone and online options



Lifeline's Bushfire Recovery Crisis line –  
**13 HELP (13 43 57)**



Kids Helpline (for 5-25 year olds) –  
**1800 55 1800**



The Suicide Call Back Service -  
**1300 659 467**



[www.headtohealth.gov.au](http://www.headtohealth.gov.au) for online  
support and resources