



# Bushfire Recovery Support



## Mental health and wellbeing

### Mental health services for bushfire impacted regions

The devastating bushfires in the Murrumbidgee region have had a significant impact on many communities. For many people and communities there is significant and ongoing emotional impacts, therefore ensuring timely access to mental health services is crucial.

This factsheet provides details of the additional services Murrumbidgee Primary Health Network (MPHN) has been funded to commission, supporting the emotional and mental wellbeing of communities affected by the bushfires.

### Bushfire additional mental health services

#### MyStep

MyStep to Mental Wellbeing is providing extra counselling services to **Batlow, Adelong, Tumbarumba** and **Tumut**. Currently, due to Covid-19, counselling is being provided via video conference or telephone, however this will return to face to face services in line with government advice.

Referrals are accepted by contacting:  
**MPHN Central Access and Navigation Service:**  
1800 931 603 (Monday to Friday 9am-5pm)

Fax: 02 69 219 911

Email: [CAN@mphn.org.au](mailto:CAN@mphn.org.au)

#### Amaranth Bushfire Trauma Frontline Counselling service

This service provides grief, loss and trauma specific support to individuals and communities impacted by the bushfires. This service includes specific supports for emergency response personnel and is available in **Adelong, Batlow, Holbrook, Jingellic, Khancoban, Tooma and Tumbarumba**.

Referrals are accepted by contacting:  
**MPHN Central Access and Navigation Service:**  
1800 931 603 (Monday to Friday 9am-5pm)

Fax: 02 69 219 911

Email: [CAN@mphn.org.au](mailto:CAN@mphn.org.au), or

**Directly to Amaranth:** 02 60 331738

Email: [support@amaranth.org.au](mailto:support@amaranth.org.au)

#### headspace

*headspace* Wagga Wagga is now providing additional mental health services for young people aged 12 – 25 in the fire affected communities of **Batlow, Adelong and Tumbarumba**. Currently due to Covid-19, this service is being provided via video conference or telephone however will return to face to face services in line with government advice.

Referrals are accepted by contacting:  
**headspace Wagga:** 02 69 233 170

Email:

[myheadspace@headspacewagga.org.au](mailto:myheadspace@headspacewagga.org.au)



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**phn**  
MURRUMBIDGEE  
An Australian Government Initiative

### Murrumbidgee PHN general mental health services

MPHN commissions a range of mental health services and is committed to ensuring people receive the right services, at the right time and in the right place. Detailed information about these services, including referral pathways can be accessed from MPHNS website:

<https://mphn.org.au/mental-health>

### Help in crisis

Call the following numbers for free, confidential support 24/7 from trained specialist counsellors.

**Murrumbidgee AccessLine** 1800 800 944 (24/7) for mental health and alcohol and other drug support

**Lifeline** (Bushfire Recovery) 13HELP or 13 43 57

**Mensline** 1300 78 99 78

**Kids Helpline** 1800 55 1800 (supporting ages 5 - 25)

**Beyondblue** 1300 224 636 or visit [www.blackdoginstitute.org.au/bushfiresupport](http://www.blackdoginstitute.org.au/bushfiresupport)

**If emergency help is required, call 000.**

### Local and national bushfire recovery resources

**National Bushfire Recovery Agency** – coordinates the national response to rebuilding communities affected by bushfires across Australia – [www.bushfirerecovery.gov.au](http://www.bushfirerecovery.gov.au)  
**Services NSW: Bushfire Customer Care Services** – helps individuals and businesses navigate the supports available across all levels of government –

[www.service.nsw.gov.au/campaign/bushfire-customer-care-service](http://www.service.nsw.gov.au/campaign/bushfire-customer-care-service)

**Snowy Valleys Council** –

<https://yourvoice.svc.nsw.gov.au/Bush-Fire-Recovery-Snowy-Valleys>

**Greater Hume Shire** –

[www.greaterhume.nsw.gov.au/Living-in-Greater-Hume/Bushfire-Assistance](http://www.greaterhume.nsw.gov.au/Living-in-Greater-Hume/Bushfire-Assistance)

**Cootamundra-Gundagai Regional Council** –

[www.cgrc.nsw.gov.au/bushfire-emergency-relief](http://www.cgrc.nsw.gov.au/bushfire-emergency-relief)