



Not feeling like yourself?

It's normal to have strong emotional and physical reactions after a significant event.

Simple strategies can help like:



Getting enough sleep



Regular exercise



Talking to family and friends



Finding time to do something you enjoy each day



Talking to a professional

Help is available

Free counselling:
www.nbmphn.com.au/bushfiresupport



Lifeline Bushfire Recovery:
13 HELP (13 43 57)