

Not feeling like yourself  
after the fires?

# Local contacts

National Recovery and  
Resilience Agency



phn  
NATIONAL  
BUSHFIRE  
FOUNDATION

Wentworth  
Healthcare

Blue Mountains | Hawkesbury | Lithgow | Penrith



## Lithgow Recovery Support Services

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

Step by Step Recovery Support Service -

 **0417 298 832**

Rural Recovery Support Service -

 **0409 326 779**

## NSW Mental Health Line

Available 24/7 for professional help, advice and referrals to local mental health services. The line can also connect you to a **Bushfire Recovery Clinician** or **Farm Gate counsellor**.

 **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 confidential support.



[recovery.gov.au/mental-health](https://recovery.gov.au/mental-health)

## Local help



-  Your doctor – can help you with support for your emotional and mental wellbeing
-  Your local Aboriginal Liaison Officer - **02 6350 2555**
-  Lithgow Child Youth and Family Counselling - **02 6354 2077**
-  The Lithgow Community Mental Health Team at the Community Health Centre - **02 6350 2555**
-  Your local Rural Adversity Mental Health Program (RAMHP) coordinator - **0448 125 676**
-  **For emergency services workers:**
  - Fortem Australia - **1300 33 95 94**
  - Black Dog Institute - **02 8627 3314**

## Free counselling

These services have been made possible by funding from Nepean Blue Mountains Primary Health Network (NBMPHN). Wentworth Healthcare is the provider of NBMPHN.

-  headspace Bushfire Recovery Counselling (for people aged 12 – 25) - **02 4720 8850**
-  Bushfire Psychological Therapy Services - **Contact your GP**

## Phone and online options

-  Lifeline's Bushfire Recovery Crisis line – **13 HELP (13 43 57)**
-  The Suicide Call Back Service - **1300 659 467**
-  **[www.headtohealth.gov.au](http://www.headtohealth.gov.au)** for online support and resources.
-  **[www.mentalhealthhelp.com.au](http://www.mentalhealthhelp.com.au)** for an online tool to help find local supports.