

Do you need extra support beyond the bushfires?

Often an anniversary can trigger uncomfortable symptoms like:

- difficulty sleeping
- excessive worry
- moodiness
- nervousness
- poor concentration
- fear

This is normal, and often people find they would like some additional support to get them through.

Here are the ways you can access support:

If you need help now call Lifeline 24/7: **13 11 14**



You can call **1300 514 811** 9am-5pm Mon-Fri
The Australian Primary Mental Health Alliance provides confidential support and may refer you to a local health service or offer you direct support via phone, Skype or face-to-face meetings.



Visit your **local doctor** or **health service**
A health professional is a good person to talk to about your wellbeing.



Additional support can be found at **headtohealth.gov.au**