Support services

Bushfire disaster

Mental health support for bushfire affected communities: lifeinmindaustralia.com.au/mental-health-support
Australian Government bushfire disaster assistance line including mental health support: 180 22 66
Australian Red Cross: redcross.org.au/get-help/emergencies/looking-after-yourself
Phoenix Australia Centre for Posttraumatic Mental Health: phoenixaustralia.org/recovery

Adult

Lifeline Bushfire Recovery Line: 13 43 57
lifeline.org.au
Suicide Call Back Service: 1300 659 467
suicidecallbackservice.org.au
Beyond Blue: 1300 224 636
beyondblue.org.au/forums
MensLine Australia: 1300 789 978
mensline.org.au
GriefLine: 1300 845 745

Youth

Kids Helpline: 1800 551 800
kidshelpline.com.au
headspace: 1800 650 890
headspace.org.au
ReachOut: au.reachout.com

Other resources

Head to Health: mental health portal
headtohealth.gov.au
Life in Mind: suicide prevention portal
lifeinmindaustralia.com.au
SANE forums: saneforums.org

Aboriginal and Torres Strait Islander: healthinfonet.ecu.edu.au
Lesbian, gay, bisexual, trans, and/or intersex: 1800 184 527 | qlife.org.au
Culturally and linguistically diverse: embracementalhealth.org.au