



# BUSHFIRE RECOVERY

## COMMUNITY UPDATE

NEPEAN BLUE MOUNTAINS PHN

## Bushfire Psychological Therapy Services

**From 4 February 2020 our Psychological Therapy Services (PTS) will be extended to include people significantly impacted by bushfires, including emergency services personnel and their families.**

This new stream is being funded through the Federal Government's Mental Health Response to Bushfire Trauma program and as such, different referral criteria will apply.

### Who is it for?

- Any individual in the Blue Mountains, Hawkesbury, Lithgow or Penrith region experiencing **high levels of distress** resulting from bushfires. For example, people who have experienced loss of property, loss of business income, or have experienced significant mental health impacts as a result of threat of bushfire, which could be from past trauma.
- The impact of the recent bushfires must be **a significant contributor** to a person's deterioration in mental health if they are referred to this service.
- Individuals must be referred by their GP, psychiatrist or paediatrician
- Individuals are entitled to up to **10 free face-to-face sessions** until June 2021
- **No** Centrelink issued pension or Health Care Card is required
- **No** Mental Health Care Plan is required, however GPs may choose to complete one at their discretion
- Where appropriate, couples or family members who meet the eligibility criteria may be referred and seen together rather than individually
- Individuals currently receiving services under other PTS streams are eligible for sessions under this new stream

### How do I access this service?

Your GP must call the PTS intake line on **1800 223 365** and complete the PTS referral form available on our website.

**MORE:** [www.nbmphn.com.au/PsychologicalTherapy](http://www.nbmphn.com.au/PsychologicalTherapy)

### Other mental health services

For people experiencing mild to moderate distress from the bushfires, there are other clinical services and wellbeing initiatives that may be appropriate, with both GP and self-referral options available.

**MORE:** [www.nbmphn.com.au/BushfireHealthServices](http://www.nbmphn.com.au/BushfireHealthServices)

**OR:** [www.nbmphn.com.au/BushfireSupport](http://www.nbmphn.com.au/BushfireSupport)

For other local mental health services:  
**[www.MentalHealthHelp.com.au](http://www.MentalHealthHelp.com.au)**