



Affected by Bushfires?

We offer a range of services to people living in the Blue Mountains, Hawkesbury, Lithgow and Penrith regions to help you manage your wellbeing.

Some of these activities may be paused due to COVID restrictions.

Health Services

Bushfire Psychological Therapy Services

Support for people whose mental health and wellbeing has been significantly impacted by the recent bushfires. Offers up to 10 free sessions with a psychologist. GP referral.

www.nbmphn.com.au/PsychologicalTherapy

headspace

Mental health support for young people from 12 to 25 years of age across our region with free or low cost services. Self referral.

headspace Penrith: **4720 8800**

headspace Lithgow: **6352 7600**

SOS

For people 14 years or older at low to moderate risk of suicide or self-harm. Provides free sessions with a psychologist for up to 2 months. GP referral.

www.nbmphn.com.au/SOS

Mental Health Help website

Online directory of local mental health services and supports.

www.MentalHealthHelp.com.au

www.nbmphn.com.au/BushfireSupport

Call A Crisis Helpline

Lifeline

13 43 57 www.lifeline.org.au

24 hour NSW Mental Health Line

1800 011 511

Beyond Blue

1300 22 4636 www.beyondblue.org.au

MensLine

1300 789 978 www.mensline.org.au

Kids Helpline

1800 55 1800 www.kidshelpline.com.au

GriefLine

1300 845 745 www.griefline.org.au

Suicide Call-Back Service

1300 659 467 www.suicidecallbackservice.org.au

Service NSW – Bushfire Customer Care Line

1800 018 444

Housing Contact Centre

13 77 88 www.service.nsw.gov.au

Open Arms – Veterans & Families Counselling

1800 011 046 www.openarms.gov.au

phn
NEPEAN
BLUE MOUNTAINS

An Australian Government Initiative

 **Wentworth
Healthcare**

Blue Mountains | Hawkesbury | Lithgow | Penrith

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