

A close-up, profile view of a man with a beard and glasses, looking to the left. His right hand is clenched into a fist and pressed against his forehead, suggesting stress or deep thought. The background is a blurred brick wall.

How are things  
going for you?

If you or someone  
you care about is in  
need of support after  
the bushfires...

**Free, confidential  
and professional  
counselling is  
available locally.**



## It's normal to experience a range of emotional reactions following a traumatic event.

Sometimes connecting with the right health professional can help you recover and prevent ongoing concerns.

Are you experiencing...

- Feelings of worry, anxiety or trouble sleeping?
- Feelings of distress that are lasting longer than you expected?
- Thoughts and feelings that interfere with day-to-day activities?
- Being overwhelmed with fear or panic for no obvious reason?
- An avoidance of things that bring back painful memories, to the point where day-to-day tasks can't be carried out?
- Guilt about things that were or weren't said or done?
- Loss of hope or interest in the future?
- Thoughts of ending one's life or self-harming?

### Connect with professional support

Free counselling is available to anyone experiencing difficult feelings or emotions as a result of the Tathra and District fires.

**To find a mental health professional who provides this FREE service, visit [www.bit.ly/bushfireMHsupport](http://www.bit.ly/bushfireMHsupport) OR call COORDINARE on (02) 4474 8410.**

Mental health professionals who are not registered to provide this service can call COORDINARE and register.

Mental Health Helpline: 1800 011 511

Lifeline: 13 11 14

For life threatening situations, call 000.