



# Information sheet

## Bushfire Recovery Psychological Support Service



The Bushfire Recovery Psychological Support Service will run until 31 March 2020 and is provided **free** of charge, the service offers:

- Short term support (up to **three** individual, face to face sessions) and
- Focused psychological strategies

Individuals requiring additional services will be referred back to their GP for assessment and consideration of a Mental Health Treatment Plan to access ongoing support.

### Accessing the service

- Individuals have the ability to **self refer** or
- GPs can refer individuals to access these services

These services can be accessed **without the need** to complete a referral form or a mental health treatment plan, simply contact one of the registered providers and advise you would like to access services under the Bushfire Recovery Psychological Support Service.

### Who is providing the service?

The following providers are registered to deliver these services:

Provider Name	Contact number	Email	Town
Monica Blayney	6492 3333	<a href="mailto:mbclinpsych@gmail.com">mbclinpsych@gmail.com</a>	Bega
Sally-Anne Brown	0490 460 138	<a href="mailto:Sallyannebrown232@gmail.com">Sallyannebrown232@gmail.com</a>	Bega
Jocelyn France	0431 653 733	<a href="mailto:francejocelyn@gmail.com">francejocelyn@gmail.com</a>	Bega
Gayle Salt	0408 617 887	<a href="mailto:Gayle.salt@turabeachpsychology.com.au">Gayle.salt@turabeachpsychology.com.au</a>	Tura Beach
Frances Sutherland	6492 3333	<a href="mailto:fpsutherland@live.com">fpsutherland@live.com</a>	Bega
Lyne Tremblay	0498 853 690	<a href="mailto:lynetre@gmail.com">lynetre@gmail.com</a>	Bega
Nadine Hills	0401 404 146	<a href="mailto:enhills@speedlink.com.au">enhills@speedlink.com.au</a>	Bega
Sapphire Coast Medical Practice – Tathra	6494 1877		Tathra
Grand Pacific Health	6494 8800		Bega

\* **Please note** registrations for providers to deliver this service remain open, this list will continue to be updated as more allied mental health professionals register to deliver services under this scheme.

### For more information

Contact COORDINARE – South Eastern NSW PHN on 02 4474 8410 or email [info@coordinare.org.au](mailto:info@coordinare.org.au)