



Australian Government

Department of Health and Ageing

RESOURCES AND SUPPORT FOR COPING WITH TRAUMA AND GRIEF

Trauma reactions to natural disasters, such as bushfires, may occur immediately after the event or in the weeks and months following the event. Trauma can be felt by people immediately involved and by people who have experienced similar situations in the past. There are a range of organisations that can assist people who are or have been experiencing distress or trauma as a result of the natural disaster, including those listed below.

Lifeline Australia

Lifeline Australia can be contacted on **13 11 14** or via the website at: www.lifeline.org.au.

Lifeline Australia provides a free, confidential and anonymous, 24-hour telephone counselling service for adults needing emotional support. Lifeline Australia also has a range of information and resources available from their website, about providing care in times of crisis, including a toolkit on *Helping your children cope with the after effects of the bush fire disaster*.

Kids Help Line

A number of children and youth may also need emotional support during this time. Kids Help Line is a free and confidential, telephone counselling service for 4 to 25 year olds in Australia. To contact Kids Help Line ring **1800 55 1800** or alternatively visit the website at: www.kidshelp.com.au

Australian Child and Adolescent Trauma, Loss and Grief Network

The Australian Child and Adolescent Trauma, Loss and Grief Network provides information to help people understand and respond to the needs of children experiencing trauma, loss or grief and their families. Information can be found at the website: www.earlytraumagrieff.anu.edu.au

beyondblue

beyondblue is a national organisation that has a range of information and resources associated with depression and anxiety. *beyondblue* has an information line, **1300 22 4636**, which provides callers with access to information and referral to relevant services. *beyondblue* can also be contacted via their website at: www.beyondblue.org.au

Mensline Australia

Mensline Australia provides a free, confidential and anonymous, 24-hour professional telephone counselling service for men needing emotional support or in crisis. Mensline offers a call back service for continued support and is recommended for volunteers and emergency services personnel (men and women) experiencing psychosocial crisis from the trauma of the bushfire disaster. Mensline Australia can be contacted on **1300 78 99 78** or via the website at: menslineaus.org.au. Mensline also has a range of information and resources available from their website, about providing support and taking care of yourself, in times of crisis.

Australian Psychological Society

The Australian Psychological Society has information and resources to assist people who are coping with traumatic events, including bushfire survivors, as well as resources for people who



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are working with affected communities. These resources can be found on their website at:

www.psychology.org.au

The APS has developed a disaster web-portal primarily for health professionals working with people affected by disasters. It has been developed to share resources that can help meet the psychosocial and mental health needs of people preparing for, or following, disaster. In addition, there is a dedicated information section for the general public. The website address for the portal is www.psid.org.au

Australian Centre for Post Traumatic Mental Health

The Australian Centre for Post Traumatic Mental Health assists individuals, communities and organisations to recognise and reduce the adverse mental health effects of trauma. Information and resources are available at their website at: **www.acpmh.unimelb.edu.au**