

How to get support

Please contact Disaster Recovery Intake:

0498 470 435

or email:

MNCLHD-DisasterRecovery@health.nsw.gov.au

We can see you by appointment at your home or even at a local cafe.

FOR IMMEDIATE SUPPORT PLEASE CONTACT:

24-hour Mental Health Access Line
1800 011 511

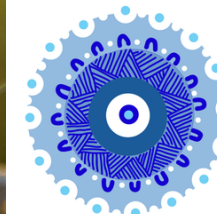
Lifeline 13 11 14
Beyond Blue 1300 22 4636
Kids Helpline 1800 55 1800
(young people aged 12 - 25)

Version 1 2022

Disaster Recovery

Free mental health support for those
affected by disasters

Mid North Coast Mental
Health Services



Mid North Coast
Local Health District



Disaster Recovery Support

The emotional impact of a natural disaster can continue long after the event has passed and may affect us in many different ways.

Our team can support your mental health and wellbeing and your journey to recovery. You do not have to be affected by financial loss to access our free support.

Disaster Recovery Team

Our Local Health District is part of a regional response to mental health needs caused by the bushfires and other recent natural disasters. We provide advice, intervention and coordination of health needs.

The Mid North Coast Local Health District Disaster Recovery Team includes:

- Disaster Recovery Clinicians
- Farmgate Counsellors
- Rural Adversity Mental Health Program (RAMHP) Coordinators.



How can we help?

Our service is confidential and **FREE** for people affected by recent natural disasters such as drought, bushfires and floods.

Our team provides mental health and wellbeing support to regional and rural communities, including;

- Individuals impacted by natural disasters, including first responders
- Farmers and their families
- Local businesses and service providers
- Linkage with other services who can also help your recovery including your GP.

We also run education sessions for workplaces and community members on how to recognise if someone you know may have a mental health concern and how to provide support.