

NSW BUSHFIRE RESOURCES

There are a number of resources available to help with understanding the bushfires and their impact. The best resources for you may be available through your local networks - here are just a few that we have found:

Financial assistance

Australian Red Cross are providing emergency grants to people who have lost their homes in a bushfire since July 2019. Contact **1800 733 276**.

The Australian Banking Association have announced an assistance package available through most banks. Contact your bank to ask about available financial assistance.

The **Australian Government Disaster Recovery Payment** is available through the Department of Social Services. This provides a one-off payment for those who have been seriously injured, have lost their homes or whose homes have been directly damaged. Contact **180 22 66** to make a claim, or call **131 202** for languages other than English.

Need somewhere to stay?

The NSW Government has established the **Bushfire Assistance Service** to support people who are temporarily or permanently displaced with emergency temporary accommodation, assistance with rental bond & advance rent costs, and sourcing rentals and short term housing. Contact the Disaster Welfare Assistance Line on **1800 018 444**.

- If you have access to a smart phone or computer you can search for a range of supports by using the 'Ask Izzy' website - **www.askizzy.org.au** This includes financial, accommodation, food, health, and counseling supports.

One Door Mental Health's Information & Support Line: 1800 843 539

Whatever your needs, our team will be able to provide information, referrals and support to callers impacted by the bushfires. We are available Monday - Friday between 9am and 5pm.

Guides and other resources

After a disaster it is common to experience a range of thoughts, feelings and behaviour that can be intense, confusing and frightening. Here are some helpful guides to understanding loss and grief and mental health after a traumatic event.

Phoenix Australia is the place to look for post-traumatic mental health support and resources - **www.phoenixaustralia.org/recovery**

The Trauma & Grief Network provide information to support children and families - **www.tgn.anu.edu.au/resource/disasters**

The Council for Intellectual Disability has released a bushfire information guide for people with intellectual disability - **www.cid.org.au/resource/bushfire-info-guide-nsw**

Expression Australia have video bushfire guides for the deaf community - **www.deafemergencyinfo.com.au/emergencies/bushfire**

The Early Connections Alliance has developed the Bushfire Social Story for people living with autism - **www.earlyconnections.org.au/social-story-bush-fire**

Helpful numbers

Disaster Welfare Assistance Line: 1800 018 444.

Mental Health Line: 1800 011 511.

Blue Knot Helpline: 1300 657 380.

Beyond Blue: 1300 224 636.

Lifeline Australia: 13 11 14.

