

## **Bushfire Crisis Information**

The following are contact details, websites and organisations which specifically relate to caring for yourself and for others

**If you need immediate help or are feeling overwhelmed or despairing, you can contact:**

[Lifeline: 13 11 14](tel:131114)

[BeyondBlue: 1300 22 4636](tel:1300224636)

[Police or Ambulance services 000](tel:000)

**For other information that may assist you:**

[\*Looking after yourself and your family in a disaster\*](#)

*BeyondBlue: Looking after yourself after a disaster*

<https://www.beyondblue.org.au/the-facts/looking-after-yourself-after-a-disaster>

*Survivor reactions to traumatic events:*

<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/survivor-reactions-to-traumatic-events>

*Regional Access Support (South Australia)*

<https://saregionalaccess.org.au/>

*The Australian Centre for Grief and Bereavement:*

Media release:

[https://www.grief.org.au/ACGB/ACGB/About ACGB/News/News/Statement Current Australian Bushfire.aspx](https://www.grief.org.au/ACGB/ACGB/About_ACGB/News/News/Statement_Current_Australian_Bushfire.aspx)

Resources for Bushfire Bereaved:

[https://www.grief.org.au/ACGB/ACGB\\_Publications/Resources\\_for\\_the\\_Bereaved/Bushfire\\_Bereaved.aspx](https://www.grief.org.au/ACGB/ACGB_Publications/Resources_for_the_Bereaved/Bushfire_Bereaved.aspx)