

# GriefLink

[www.grieflink.org.au](http://www.grieflink.org.au)

## 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)

*Australian Childhood Trauma Group,*  
[\*Supporting Mental Health & Wellbeing in Times of Devastation\*](#)

*Uniting Care, Disaster relief and community recovery - Self help toolkits and information factsheets*

[\*Tool kit: coping with loss and change in a community after a natural disaster\*](#)

[\*Tool Kit: helping your children cope with the after effects of a natural disaster\*](#)

*Life in Mind, Mental Health Support for Bushfire affected communities*

[\*Mental health support for bushfire affected communities\*](#)