

GriefLink

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*](#)