

HEALTH AND WELLBEING

Bushfire Recovery Assistance Fact Sheet

Here you will find a summary of assistance measures available to support people affected by bushfires. These are aimed at providing for immediate and short-term needs, to support recovery from the bushfires across NSW.

[Access it here.](#)

Looking after yourselves and loved ones

Ask Izzy is a great online resource to find community services. <https://askizzy.org.au/>

How are you feeling? Mental Health tools

The following tools can be used to support mental health following a disaster but are not intended to replace the support of trained professionals. If you need immediate support, please call Lifeline on 13 11 14.

Click on the following links to access information.

How are you going?

1-page tool to assess your mental health and steps to address it.

[Access it here.](#)

Taking care of yourself after a natural disaster

2- page tool outlining what you can do to take care of yourself and your mental health following a natural disaster with a list of helpful contacts.

[Access it here.](#)

Looking after yourself and your family after a disaster

28- page booklet to help adults understand reactions you, or someone you know may be experiencing. It includes practical advice, numbers to calls and websites to visit for extra information and support.

[Access it here.](#)

Preparing to return home after a bushfire

4- page document with practical and emotional considerations to help you prepare to return to your home following a bushfire. Additional links are provided within the document.

[Access it here.](#)

Talking with children after an emergency

1-page document with simple advice to help you talk to your children about an emergency.

[Access it here.](#)

After the emergency- a booklet for kids

24-page book to help kids cope with emergencies.

[Access it here.](#)

Birdie and the fire

An online story for young children about recovering from fires.

Access it here <https://www.childrens.health.qld.gov.au/chq/our-services/mental-health-services/qcpimh/natural-disaster-resources/storybooks/>

Red Cross- information for communities

The Red Cross provides a number of great resources to help you look after yourself and others. It is common to feel upset. It's important to talk to people you trust about how you are feeling and take extra care of yourself. Acknowledge that you have been through a highly stressful event and notice how you are feeling. Try and get good sleep and rest, eat good food and try to make time for things that make you feel safe.

You can find additional resources at: <https://www.redcross.org.au/>

Or

[You can access the Red Cross fact sheet- info for communities, parents and caregivers after a distressing event has happened.](#)

This information is current as at 7 January 2020