



Mental Health Supports for Children, Young People & Families Affected by Bushfire

FOR MILD TO MODERATE MENTAL HEALTH CONCERNS:

General Practitioners

Doctors (GPs) are often a good place to start for most mental health conditions. Doctors can facilitate access to free or reduced fee mental health services for children, young people & their families through schemes including Better Access to Mental Health Care & Psychological Support Services.

Medicare

Bushfire Recovery funded face-to-face sessions

Bushfire affected individuals and families, and emergency response personnel are eligible to receive Medicare rebates for up to 10 psychological therapy sessions through GPs, psychologists and other mental health professionals. These sessions are provided by private practitioners. Consultation fees charged by health professionals are determined by the provider or practice. Only a portion of costs are covered by Medicare unless the health professional bulk bills. Individuals who currently access services under the Better Access initiative and were directly affected by the bushfires, are able to access the additional 10 sessions under the Bushfire Recovery items.

Bushfire Recovery Telehealth Initiative

Individuals, families and emergency response personnel who cannot easily access mental health professionals in person, will be able to obtain counselling and support through video telehealth services, with Medicare rebates. Telehealth services are available by contacting a GP or psychologist. As with the face-to-face sessions, consultation fees charged by health professionals are determined by the provider or practice. Only a portion of costs are covered by Medicare unless the health professional bulk bills.

School Counselling Service

Your local school counselling service provides mental health support for children and young people and can help with referrals to other services. Contact your local school for more information.

FOR MODERATE TO ACUTE MENTAL HEALTH CONCERNS:

Mental Health Access Line

The Mental Health Access Line provides professional help, advice and referrals to local mental health services including specialist services for children, young people and their families. It is available to everyone in NSW and operates 24 hours a day, 7 days a week. Call **1800 011 511**

Additional supports for preschool children

NSW CHILD AND FAMILY HEALTH NURSING SERVICE

<https://www.health.nsw.gov.au/kidsfamilies/MCFhealth>

TRESILLIAN FAMILY CARE SERVICE

Tresillian Parents' Help Line
(13002 parent or 1300 272 736)

KARITANE CARELINE

1300 CARING (1300 227 464)
OR (02) 9794 2350

Additional supports for children and young people

For 5-25 years:

KIDS HELPLINE

<https://kidshelpline.com.au>

For 12 to 25 years:

headspace & eheadspace

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

Specialist supports for Aboriginal families

ABORIGINAL MEDICAL SERVICES

<https://www.bettertoknow.org.au/AMS.html>

If you need further assistance with referral pathways, please contact your School-Link Coordinator within the local Child and Adolescent Mental Health team or the Mental Health Access Line (1800 011 511). In Southern NSW, please contact the District Community Mental Health Drug and Alcohol Manager. In the event of a crisis, please present to your local emergency department.