

If you've been affected by the floods, there's help available

The physical effects of a flood are easy to see, but we can't see how people are feeling. This is a time when people can be at risk of anxiety or depression. There is free help available. Northern NSW mental health services have joined together to help you get the right care.

FREE MENTAL HEALTH FLOOD SUPPORT LINE

Ph: 1300 137 934

Mon to Fri 8am – 6pm

Outside of the above times, please call:

Lifeline: 13 11 14

Mental Health Access Line: 1800 011 511

beyondblue Support Service: 1300 224 636

Kids Help Line: 1800 551 800



Health
Northern NSW
Local Health District



NewAccess
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