

BLUE MOUNTAINS LOCAL COMMUNITY RECOVERY



HELPFUL TIPS FOR RECOVERY

- Recognise recovery from natural disasters can take time.
- Keep communicating.
- Schedule time for things you enjoy.
- Tackle issues early on.
- Seek information or support when you need it.
- Reflect on how far you have come.
- Look after your physical health.
- Get back into everyday activities.



INFORMATION AND IDEAS TO ASSIST RECOVERY

Australian Red Cross

aftertheemergency.redcross.org.au

Blue Mountains City Council

bmcc.nsw.gov.au



SUPPORTING YOU EVERY STEP OF THE WAY



USEFUL CONTACTS TO ASSIST RECOVERY

Rebuilding and Landscaping

Blue Mountains City Council can provide information and advice on rebuilding and landscaping. Contact 4780 5000 bmcc.nsw.gov.au

NSW Rural Fire Service can provide advice on how to determine Bushfire Attack Levels (BAL). Contact Bush Fire Information Line 1800 679 737 rfs.nsw.gov.au

Fire Protection Association Australia national peak body for fire safety products and services. Contact 03 8892 3131 fpaa.com.au

Financial Support

Blue Mountains Family Support 4782 1555 bmfss.org.au

Gateway Family Services 1300 316 746 gatewayfamilyservices.org.au

Money Smart moneysmart.gov.au

No Interest Loans Scheme (NILS) 136 457 nils.com.au

Salvation Army Springwood 4751 1802 salvos.org.au/springwood

Winmalee Neighbourhood Centre 4754 4050 winmaleeneighbourhoodcentre.com.au

Financial Counselling

Catholic Care Social Services 4751 4956 ccss.org.au

Winmalee Neighbourhood Centre 4754 4050 winmaleeneighbourhoodcentre.com.au

Insurance / Legal

Elizabeth Evatt Community Legal Centre 1300 363 967 eeclc.org.au

Law Access NSW 1300 888 529 lawaccess.nsw.gov.au

Legal Aid 1300 888 529 legalaid.nsw.gov.au

Insurance Council of Australia 1300 728 228 insurancecouncil.com.au

Counselling and Social Support

Crisis – 24 hour

Lifeline 13 11 14 lifeline.org.au

Kids Helpline 1800 551 800 kidshelp.com.au

Domestic Violence Helpline 1800 737 732 or 1800RESPECT 1800respect.org.au

Mensline 1300 78 9978 mensline.org.au

Counselling

See your GP for referral to counselling and psychological services.

School Psychologists available in every NSW public school.

Catholic Care Social Services 4751 4956 ccss.org.au

Community Mental Health Services 1800 011 511 nbmlhd.health.nsw.gov.au

Headspace headspace.org.au 1800 650 890

Relationships Australia 1300 364 277 relationships.org.au

Salvos Counselling Services 4731 1554 salvoscounselling.salvos.org.au

Child & Family Counselling Services, Primary Care & Community Health 1800 222 608 nbmlhd.health.nsw.gov.au

Social Programs and Support

Blue Mountains Neighbourhood Centres & Family Support Services offer free/low cost social, recreational, support programs and activities that connect local communities. bmcc.nsw.gov.au/yourcouncil/contactus/neighbourhoodcentres



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