

A message to new and returning visitors from the locals...

Welcome from the communities who survived the devastating 2019-20 summer fires. We are also combatting COVID-19 impacts, which have made recovery and healing much more difficult for us. We appreciate you may want to help, have questions or be interested in how we are doing. We are also aware that for those returning, there may be a sense of loss and trauma for you and that many of you experienced the fire too.

Below are some help and supports for you if you need to talk with someone. The Red Cross are also available in Mallacoota from 28th December until 8th January.

Please find below some community safety tips that will support our summer experiences.

Please adhere to the COVID restrictions including:

- **Wear a mask when unable to safely distance from others.**
- **Use hand sanitiser on entry to local businesses.**
- **If you have symptoms please isolate yourself immediately and call the COVID hotline 1800 675 398.**

We need to keep our communities safe especially as regional towns have limited health resources.

Support our recovery from the bushfires:

As we re-establish normality, run our businesses, look after our families and support our community, we want you to enjoy your visit and return, but please be aware we have had a traumatic and exhausting year with loss of income, property and community life. The fires were a terrible experience for our communities. Recovery takes years and many people still struggle with trauma, grief and exhaustion even though they are getting on with life.

Please consider the following:

- **Do visit our sights, parks, reserves, lookouts, beaches and mountains. We are proud of our community's natural beauty - it is why we live here. Some places are still under repair or regeneration, so please follow directions and signs, both for your own safety, and to sustain the environment.**
- **We encourage kindness as thoughtless comments can be very distressing. Please do not ask people if they were in the fire, or lost their house, property or loved ones.**
- **Please respect people's privacy and dignity, and please don't drive around looking at and taking photographs of damaged properties.**

Your visit will contribute to our recovery as you visit our attractions, buy local products, stay locally, and visit our galleries, shops and businesses. Further information about our district is available at the Shire information counter in Maurice Avenue. We look forward to you having a great stay. Thank you.

MADRA (Mallacoota and District Recovery Association) mallacoota.district.assoc.2020@gmail.com



Bushfire Recovery Victoria (BRV) - 1800 560 760

Emergency - Ambulance, Fire, Police - 000

Lifeline - 13 11 14

Kids Help Line - 1800 55 1800

Suicide Call Back Service - 1300 659 467

SANE Helpline - 1800 18 7263

Sexual assault crisis - 1800 806 292

Men's Line Australia - 1300 78 99 78

Drug and Alcohol Direct line - 1800 888 236

Qlife - 1800 184 527

Relationships Australia - 1300 364 277



BRV - www.vic.gov.au/bushfire-recovery-victoria

Beyond Blue - www.youthbeyondblue.com

1300 22 4636 - chat online, email or speak over the phone

Head space - <https://eheadspace.org.au/>

1800 650 890 - chat online, email, or speak over the phone

Kids Help Line - <http://www.kidshelp.com.au>

1800 551 800 - phone or web chat counselling

Sexual assault crisis - <https://www.casa.org.au/> 1800 806 292

MensLine Australia - <https://mensline.org.au/>

1300 78 99 78 - phone and online counselling

Drug and Alcohol Direct line - <https://www.directline.org.au/>

1800 888 236 - chat online, email, or speak over- the phone