

# FREE Counselling and Support

For those impacted by  
the recent bushfires in  
East Gippsland



**Free and confidential counselling is now available for individuals, families and emergency service workers.**

If you're experiencing the following or other challenges as a result of the bushfires, our counsellors are here to support you. Access up to 10 counselling sessions, free of charge and without a GP referral.

Services are available via video and telephone appointments, with face-to-face sessions being offered at some of our locations across East Gippsland.

We encourage you to contact us for more information or to make an appointment.

Are you:

- Feeling stressed, worried, anxious or overwhelmed?
- Having trouble sleeping?
- Experiencing distress or bad memories that impact on your daily activities?
- Feeling a sense of panic, loss or anger?
- Experiencing relationship difficulties?
- Withdrawing from your usual activities?
- Feeling teary, numb or detached?

**Phone** 1800 001 068  
**Email** [bushfiresupport@rav.org.au](mailto:bushfiresupport@rav.org.au)  
**Visit** [www.rav.org.au/BushfireSupport](http://www.rav.org.au/BushfireSupport)

This service is funded by the Gippsland Primary Health Network, which is leading the mental health response to bushfire-affected areas of Gippsland.