Personal Support for your health & wellbeing

Victorian Bushfires Case Support Program

This free service can provide practical and personal support for people who have been affected by the 2019-20 Victorian bushfires.

Case Support Coordinators are a single point of contact and can help you with:

- Discussing your needs and the next steps
- Information and support to access services
- Completing paperwork and accessing grants
- Community information
- Financial counselling and assistance with insurance
- Advice for business owners
- Financial support to help with immediate needs.

Support can be provided face to face, over the phone or at a location that suits you. To access the Case Support Program, call **1800 560 760**.

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**LifeLine - 13 HELP (13 43 57)**
A dedicated support line for people living through bushfire recovery. Talk to a crisis supporter and receive information on services in your local area.

**Beyondblue information line - 1300 224 636**
An information line that offers expert information on depression and how to get help.

**Safe Steps Family Violence Centre - 1800 015 188**
Provides confidential support and information for women and children living with family violence.

**Mensline - 1300 789 978**
A telephone support and referral service, helping men deal with their relationship problems.

**Nurse-on-Call - 1300 60 60 24**
A 24-hour telephone service that allows people to discuss any health issue with a registered nurse.

**Kids Help Line - 1800 551 800**
A 24-hour telephone service that provides phone and online counselling service for young people.

Call Triple Zero (000) if you or someone you know is in immediate danger.

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**Mental health funding**: The Victorian Government has announced $23.4 million to boost existing mental health services and fund practical mental health support programs in bushfire-affected areas.