

NURSE-ON-CALL

1300 60 60 24

DO YOU NEED HELP COPING WITH STRESS?

NURSE-ON-CALL BUSHFIRE HEALTH & COUNSELLING LINE

The impact of a bushfire can be stressful and exhausting, and people are encouraged to look after themselves and their wellbeing.

The Victorian Government has established a new telephone counselling support service for Victorians affected by the devastating bushfires.

The NURSE-ON-CALL Bushfire Health and Counselling Line provides 24-hour support and counselling to anyone either directly, or indirectly, affected. This includes emergency workers, volunteers and service providers.

Anyone can call the NURSE-ON-CALL Bushfire Health and Counselling Line on **1300 60 60 24** and first speak to a registered nurse then transfer the call to a counselling professional such as a psychologist, mental health nurse, social worker or occupational therapist.

The service is available for the cost of a local call (mobiles may be charged at a higher rate).