

BUSHFIRE OUTREACH SUPPORT SERVICES

It's OK to still not be OK

EACH has a committed team of professional outreach counsellors and emotional support workers trained to respond to the needs of people affected and impacted by the 2009 Victorian bushfires.

Our team has been involved since February 2009 and has worked with more than 450 individuals, families, children and youth helping them with:

- crisis and trauma
- anxiety and stress
- disturbed sleep
- mood swings
- anger issues
- grief and loss
- depressing or worrying thoughts
- family and relationship difficulties
- alcohol or drug overuse
- support with parenting issues

EACH's bushfire recovery counselling and support services

- confidential
- unlimited number of sessions
- we can come to you at a location that is convenient
- other professional services (eg. psychologists) can be accessed if necessary
- free of charge
- no waiting lists

**If you are worried about yourself or someone you care about, call:
(03) 9871 1800**



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