



## **Have you been affected by the recent bushfires?**

**An experienced clinician can provide short term treatment and support for individuals struggling with these recent events**

## **Where is the service offered?**

**Eurobodalla, Bega Valley, Snowy Monaro, Queanbeyan-Palerang and Shoalhaven**

## **How much does it cost?**

**This service is free of charge**

## **Do I need a referral to access this service?**

**No, you can refer yourself. However, a GP or health professional can also refer you.**

## **How to refer**

**Please phone the GPH Mental Health Access team on  
1800 228 987**

**Face to face and telehealth services available**

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