



# FREE Counselling and Support For residents of far East Gippsland

**Free and confidential counselling for individuals and families in bushfire recovering communities.**

**Are you:**

- Feeling stressed, worried, anxious, overwhelmed or exhausted?
- 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 sad, numb or detached?

If you are experiencing these or other challenges, our counsellors are here to support you.

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.

Phone: **03 8412 0480**

Email: **[bushfiresupport@rav.org.au](mailto:bushfiresupport@rav.org.au)**

Visit: **[www.rav.org.au/BushfireSupport](http://www.rav.org.au/BushfireSupport)**