

Flood Recovery Wellbeing Program

Mental health supports for people impacted by floods

Floods impact everyone in a community both at the time and ongoing. It is important to take care of your mental health through these difficult times. When you are ready, there are services available to provide support.

Free mental health counselling supports

Marathon Health's Flood Recovery Wellbeing Program is a low intensity counselling service focused on supporting people 16 years old and over, through difficult times. The service provides 6 to 10 free individual sessions, responsive and personalised to your needs. Sessions are offered in person, via phone or via telehealth (video-call), dependent on availabilities and preferences.

This mental health support program is provided by Marathon Health and proudly funded by the Commonwealth Government and NSW Government. It is available until September 2024.

Please note, this is not a crisis service.

Self-care tips

1. Acknowledge you've been through a distressing time
2. Remember there is no right or wrong way to feel
3. Share your feelings and needs with people you trust when you are ready to do so
4. Rest if you're tired
5. Keep active

For more tips visit marathonhealth.com.au/floods

Appointments

Appointments are available between 9am–5pm Monday to Friday dependent on location.

To access the service, ask your GP to complete the referral form located on our website and email to the address below.



More information



02 6941 9040



mental.health@marathonhealth.com.au



marathonhealth.com.au/floods

If you need help in a crisis

In an emergency, call triple zero (000) or go to your hospital emergency department.

For immediate 24/7 help contact:

- Lifeline **13 11 14**
- Lifeline Text **0477 131 114**
- 13YARN **13 92 76**
- Suicide Call Back Service **1300 659 467**

For additional mental health support contact:

- Head to Health **1800 595 212**
- Mental Health Line **1800 011 511**
- MensLine **1300 787 978**