

Do you get butterflies in your stomach when you think about summer?

Do you feel restless, irritable or tense and you're not sure why?

Are you having trouble falling or staying asleep?

Does the smell of smoke, sound of sirens or helicopters overhead make your heart race?

Do you need more alcohol or medications to help you get through?

**If you were affected by the bushfires last summer, you might benefit from talking to someone who can help.**

**FREE SUPPORT IS AVAILABLE**

Contact your GP for a referral to a professional.  
Your GP may offer telehealth appointments.

*Telehealth means you can talk to your GP by phone or online.*