

RESOURCES REFERENCED IN THE CLIMATE AND WEATHER IMPACTS ON MENTAL WELLBEING FORUM

The following resources were referenced during our recent online forum on Climate and Weather Impacts on Mental Wellbeing. They include guides, research, and support services relevant to understanding and responding to the mental health impacts of climate and weather events.

Links to the resources are provided where available for your convenience. We hope you find these materials informative and useful for further learning and support.

With thanks,
The Loddon Mallee Public Health Unit

- Windermere Bushfire Recovery Support Intake: Phone 03 8793 4206 or 1300 946 337, Website <https://www.windermere.org.au/services/victorian-bushfire-recovery-support>
- [Bendigo Health Website - Wellbeing](#)
- [Natural disasters | Lifeline](#)
- [psychological-first-aid-guide-2024.pdf](#)
- [Recovering from bushfires | APS](#)
- [Staying Engaged in the Climate & Bushfire Crisis - The Commons](#)
- [About MASDAG](#)
- Supporting women, girls and gender diverse people to thrive [Mental Health & Wellbeing - Women's Health Loddon Mallee](#)
- Dja Dja Wurrung Healing Country Plan [Dhelkunya-Dja-Refresh-2025_Digital.pdf](#)
- [Regenerative Australian Farmers – Promoting Healthy Soils](#)
- [Farmers in crisis: Depression and anxiety rife among Aussie farmers - National Farmers' Federation](#)
- [Better Health Channel | Better Health Channel](#)