

Many people in our community are once again facing the uncertainty and stress of bushfires. For those who lived through the 2019–2020 summer fires, this can bring back difficult memories and emotions.

Please know you are not alone.

**Support is available for you, or for someone you care about,
from people who understand.**

If you are feeling overwhelmed, unsettled, or would like to talk,
NEX can help.

You are not alone.

Bushfires can bring up difficult memories and emotions

WELLBEING SUPPORT

Our ***Detect & Protect*** wellness support team works one-on-one with clients to implement strategies to manage life's challenges and improve wellbeing.

At NEX, we're committed to strengthening businesses, supporting families, and fostering resilient communities.

Wellbeing Support

For information on other forms of assistance, including government, community, and practical support visit our backbone of support directory on the NEX website.

[backbone of support DIRECTORY](#)

Please share this message and know support is here.

Best regards,

The NEX Business Farming Wellness Team 1300 045 747

<https://www.nexsolutions.org.au/wellness-support>