

Are You **Disaster** Ready?



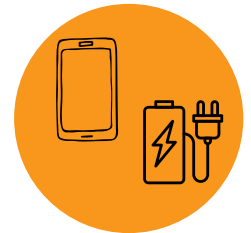
Medication



Cash and Cards



House/ Car Keys



Phone & Charger



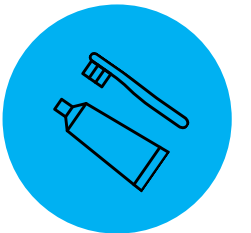
Clothes



Pets



Documents & Photos



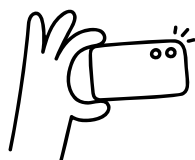
Toiletries



Food & Snacks



Water



TIP : take a photo & save this page as a favourite in a 'disaster ready' folder



My Emergency Kit

Your Special Things

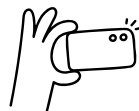


My important Phone Numbers



For emergency assistance during a flood, storm or tsunami, call **NSW SES** on **132 500**

Emergency (life in danger)	000
Medical advice and care	healthdirect 1800 022 222
Mental health counselling	beyondblue 1300 22 46 36
Mental health support children and young people	Kids Helpline 1800 55 1800 kidshelpline.com.au
Specialist mental health services	Mental Health Line 1800 011 511
Prescription medications	Your pharmacist may provide your essential regular medication if you do not have your script



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