

## How to get help

If you have already lodged a CTP claim, your dedicated Claims Consultant can help you with any questions you might have, including questions about treatment approval and income support benefit payments.

If you haven't already lodged a CTP claim, you can contact us on this number (1800 032 220) or visit our website ([www.nrma.com.au/claims/ctp-insurance](http://www.nrma.com.au/claims/ctp-insurance)) to download an 'Application for personal Injury benefits' form.

You can also contact CTP Assist for help. CTP Assist is part of the State Insurance Regulatory Authority or SIRA and provides information and support to people involved in motor vehicle accidents in NSW (see [sira.nsw.gov.au/claiming-compensation/motor-accidents-injury-claims](http://sira.nsw.gov.au/claiming-compensation/motor-accidents-injury-claims)). CTP Assist can be contacted on at this email address ([ctpassist@sira.nsw.gov.au](mailto:ctpassist@sira.nsw.gov.au)) or on this number (1300 656 919).

You may also choose to seek advice from a lawyer.

We understand that everyone's recovery and personal circumstances are different. Regardless of your journey to recovery, we're here to help.