

Looking after yourself after a crisis

Being involved, or witnessing, crisis events like natural disasters, criminal acts, accidents or terror attacks can be very distressing. It is normal to feel upset, anxious and distressed. It can take time to resolve these feelings.

Normal reactions include:

- Finding it hard to think, concentrate and remember details
- Restlessness, unable to relax
- Problems sleeping
- Muscle tension
- Headaches, nausea
- Feel angry, upset, sad, moody

Tips for looking after yourself:

- Minimise exposure to media coverage for you and your children
- Talk to people you trust about the event and your reactions
- Take extra care of yourself
- Acknowledge you have been through a highly stressful event
- Allow time for memories, dreams, or flashback to fade

How you can help others:

- Spend time with friends and family
- Offer support and listen
- Help with practical tasks and chores
- Give people the time, space and patience they need
- Don't try to talk people out of their reactions

For more information or support:

Australian Red Cross:

www.redcross.org.au/self-care

www.redcross.org.au/aftertheemergency

Lifeline: 13 11 14

Kids Help Line: 1800 551 800

Beyondblue: 1300 224 636



Mental health support for people affected by floods

Floods can affect everyone in the community, not only people directly dealing with loss of property or possessions. If you feel in need of mental health support, there are services ready to help you through the difficult times.

Self care

1. Recognise that you've been through a distressing time. Don't get angry with yourself for being upset.
2. Remember that there is no right or wrong way to feel.
3. Don't suppress your feelings — share them with people you trust when you are ready to do so.
4. Rest if you're tired. Physical exercise is also important.
5. Let friends and family know of your needs — when you feel tired, need time out, want to talk or be with someone.

DOWNLOAD SELF CARE RESOURCES:

www.beyondblue.com.au/the-facts/looking-after-yourself-after-a-disaster

www.crrmh.com.au/downloadable-resources

www.headspace.org.au/explore-topics/for-young-people/natural-disasters/

Help in a crisis

If you require immediate 24/7 help contact:

Mental Health Line 1800 011 511

Beyond Blue 1300 22 4636

Lifeline 13 11 14

MensLine 1300 78 99 78

Lifeline Text 0477 13 11 14

Kids Helpline 1800 551 800 (children under 12 years)

Suicide Call Back Service 1300 659 467

In an emergency, please **call 000** or go to your nearest hospital emergency department.

Mental health support

Connect To Wellbeing

North Coast 1300 160 339

Call Connect to Wellbeing and be directed to the right information or service that best suits your needs, including referral to telehealth services (up to 10 free telepsychology sessions).



Scan to save to your phone

Temporary extended service hours (currently until Mon 7 March 2022)

Monday to Friday 8.30am – 9pm

Saturday and Sunday 9am – 5pm

Standard service hours

Monday to Friday 8.30am – 5pm

24/7 GP telehealth

Healthy North Coast GP Telehealth service 1800 931 158

Free GP consultations for flood-affected communities. Phone or video, 24 hours/7 days.



Scan to save to your phone

* The Connect to Wellbeing, telepsychology and GP Telehealth services are funded by Healthy North Coast through the North Coast PHN program.