

# let's talk

## taking care of yourself following a natural disaster



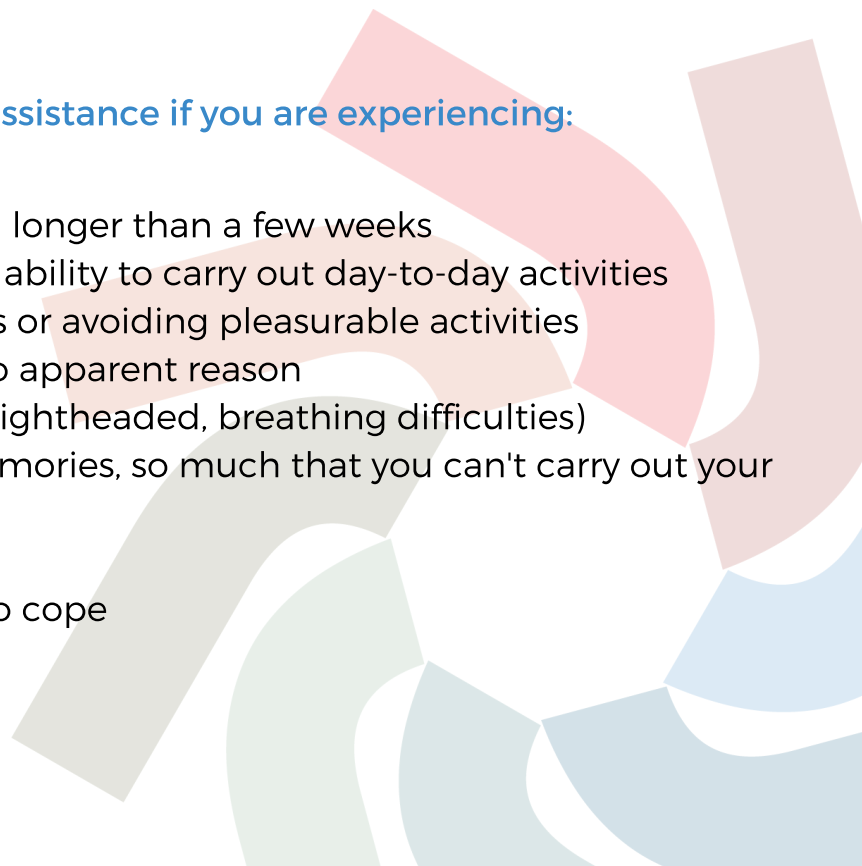
Extreme weather events can have a big impact on those affected. If there has been a disaster or extreme weather event in your area, there are things you can do to take care of yourself and your mental health.

### It's important to:

- spend time with family and friends
- try to get back to a routine but don't push yourself and work too hard
- continue a healthy lifestyle (try to eat well, sleep and exercise)
- take time out, but don't isolate yourself
- write down your worries and concerns
- express your feelings in your own time and way
- accept help when it's offered
- limit the amount of media coverage you see and hear
- know you won't have all the answers
- try not to take big risks and make life changing decisions until you are ready
- understand you are not alone in your experience

### See a mental health professional for assistance if you are experiencing:

- extreme feelings of distress
- emotional reactions that are lasting longer than a few weeks
- distress that is interfering with your ability to carry out day-to-day activities
- withdrawal from usual relationships or avoiding pleasurable activities
- feelings of overwhelming fear for no apparent reason
- panic symptoms (e.g. racing heart, lightheaded, breathing difficulties)
- avoiding things that bring back memories, so much that you can't carry out your normal activities
- feelings of excessive guilt
- using alcohol or other substances to cope
- a loss of interest in the future
- thoughts of self-harm or suicide



## Where to find help:

**General practitioners (GPs)** for advice, Mental Health Treatment Plan or referral.

**Specialised mental health clinicians** and services, such as psychologists, social workers, mental health nurses or psychiatrists (can be referred by a GP).

### Online counselling and information services

[www.beyondblue.org.au](http://www.beyondblue.org.au)  
[www.phoenixaustralia.org](http://www.phoenixaustralia.org)  
[www.redcross.org.au](http://www.redcross.org.au)

[www.disasterassist.gov.au](http://www.disasterassist.gov.au)  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au)  
[www.headspace.org.au](http://www.headspace.org.au)

### Telephone support services

NSW Mental Health Line  
1800 011 511

Kids Helpline  
1800 55 1800

Lifeline  
13 11 14

Suicide Callback Service  
1300 659 467

Alcohol & Other Drugs  
Information Service  
1800 422 599

Beyond Blue  
Support Service  
1300 224 636

### Emergency Services

If any person is in danger, call  
000

State Emergency Services (SES)  
132 500

For more information, and to find your local RAMHP Coordinator, visit [ramhp.com.au](http://ramhp.com.au)

*If you're concerned about your own or someone else's mental health you can call the NSW Mental Health Line 1800 011 511 for advice. If you or someone else is in immediate danger call 000 or go to your nearest hospital emergency department.*

