

It's common for communities and individuals affected by a disaster to experience a range of thoughts, feelings and behaviours that can be intense, confusing and frightening. These reactions can be severe and are at their worst in the first week after the event, however, in most cases, they fade over a month.

For free, immediate and confidential support, you can call:

Beyond Blue

Talk to a trained mental health professional any time of the day or night. Calls are confidential. They will listen, provide information and advice and point you in the right direction to seek further support. 1300 22 4636

Lifeline

24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services. 131 114

Kids Helpline

A telephone counselling support line for children and young people ages 5 to 25 and available 24 hours a day, 7 days a week. 1800 551 800

Emergency 000 - If you or someone you are with is in immediate danger, please call 000 or go to your nearest hospital emergency department.



**Nursery & Garden Industry
NSW & ACT**

Looking after your mental health following a disaster

It's ok to ask for help!





- Overwhelmed**
- Numb and detached**
- Unable to focus**
- Unable to plan ahead**
- Constant tearfulness**
- Intrusive memories**
- Bad dreams of the event**
- Sleep disturbances**
- Constant questioning**
- Replaying the event**

Dealing with the emotional impact of a disaster:

Spend time with people who care
Give yourself time.

Find out about the impact of trauma and what to expect.

Try to keep a routine going e.g. eating, sleeping, work, study routines and return to normal activities.

Talk about how you feel about what happened when you are ready.

Do things that help you relax
Set realistic goals that keep you motivated, but don't take on too much.

Review and reward progress – notice even the small steps.

Be prepared for times when you feel you are making no progress, everyone experiences this.

Talk about the ups and downs of recovery with friends, family and the health professionals involved in your care.

Have a plan to maintain positive changes and plans to deal with times of stress or reminders of the trauma.

