

Let's Talk Biosecurity



ramhp
RURAL ADVERSITY
MENTAL HEALTH
PROGRAM

Rural communities are on the frontline of Australia's biosecurity.

There are a range of measures in place to help protect the biosecurity of our properties, plants and animals.

Despite these measures, a biosecurity threat or incident can still occur, which is outside of our control.

There will be lots of advice on how to manage your property during a biosecurity event, but it's also important to take care of your mental health.



It's normal to experience a range of thoughts and feelings in response to a biosecurity threat or response. The impact it can have on our businesses, livestock, plants, and people in our community can lead to feelings of:

- **Frustration and anger**
- **Sadness about the way these events might impact us**
- **Anxiety and uncertainty about the future**
- **Irritability or exhaustion with the added pressure these threats or responses can bring**

There's no right or wrong way to feel as everyone responds differently. These thoughts, feelings and behaviours are generally temporary and for most people will improve with time.

How to take action...

Focus on what you can control and seek information from reliable sources to ensure you're well informed, without being overwhelmed with negativity or incorrect information.

It's also important to be aware of your own biosecurity responsibilities in relation to the threat or response. Further information can be found here:



- **Biosecurity Australia**
www.biosecurity.gov.au
- **Outbreak Australia**
www.outbreak.gov.au
- **Department of Primary Industry**
www.dpi.nsw.gov.au

Tips for looking after yourself and others



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We're better placed to help others during a biosecurity threat or response, when we're doing well ourselves.

- **Take time out to do something you enjoy.**
- **Remember, challenging times will pass.**
- **Maintain social networks and speak openly with friends and family about what you're going through.**
- **As much as possible, maintain a routine with good diet, exercise, and quality sleep.**

In the days, weeks and months following a biosecurity threat or response, it's important to recognise when you're not feeling yourself.

Support looks different for everyone. If you feel like you might need some help, reach out when the time is right for you.

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If you're not sure where to start or want some advice on the best option for you, having a chat to your nearest Rural Adversity Mental Health Program (RAMHP) Coordinator can help.

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Help is always available

General Practitioners (GPs)

Your GP can be a great place to start.

Lifeline – 13 11 14

24/7 confidential telephone line for crisis support.

NSW Mental Health Line – 1800 011 511

24/7 telephone line providing advice and referral.

Beyond Blue - 1300 224 636

beyondblue.org.au

24/7 counselling and support services.