

let's talk rural adversity

Rural communities are adaptable and resourceful with people relying on being able to solve problems and overcome challenges. However, during adversity, there are often factors that are out of our control and that can cause significant stress. During these times, it's important to look after our mental health to ensure we can make clear decisions and cope with other stressors in life.

Signs someone might be struggling:

- Anger or irritability
- Worry or nervousness
- Loss of concentration
- Loss of interest
- Low energy
- Social withdrawal
- Relationship issues
- Unusual headaches and body aches
- Changes in sleeping and eating patterns
- Increased drug or alcohol use

When someone is under prolonged stress, they may have difficulty making decisions regarding their finances, production or relationships. If someone is showing signs of being stressed, it's important to talk about it and take action as soon as possible.

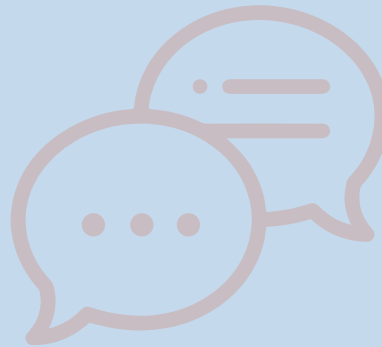
In tough times we also need to remember to look after ourselves. Doing things daily to take care of yourself is important, as it will increase your capacity to deal with stress.

Think about steps and decisions you will make as circumstances change. This could include when to act, your succession or exit plan, or wellbeing plan. Having a plan set early can help with decision making when things get tough or stressful. Utilise your networks and seek advice from professionals to make more informed decisions.

When having a conversation:

Chat to the person in a comfortable place about what you have noticed and why you are concerned. You do not need to fix their problems, just listen to their concerns and reassure the person that there is help available.

***“I haven't seen you around much lately,
...what's been happening?”***



***“Things have been tough,
how are you coping?”***

***“There's been a lot going on,
how are you managing?”***

“I've noticed that..., how are you going?”

Tips for looking after yourself

- Try to have some time out.
- Do things you enjoy.
- Keep in touch with family, friends and neighbours.
- Eat well, get quality sleep and use alcohol in moderation.
- Get help early if you're not feeling your best self.

When to get help

While it's expected to experience all sorts of emotions, feel fearful or overwhelmed during such difficult times, consider seeing a mental health professional if you're experiencing:

- Extreme feelings of distress.
- 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.
- Feelings of excessive guilt.
- Using alcohol or other substances to cope.
- A loss of interest in the future.
- Thoughts of self-harm or suicide.

GP – Contact a General Practitioner for initial support and referral options.

Health Direct – www.healthdirect.gov.au
Look up health services in your area.

NSW Mental Health Line – 1800 011 511
24/7 telephone line providing advice and referral.

Lifeline – 13 11 14, www.lifeline.org.au
24/7 confidential telephone line for crisis support.

Suicide Call Back Service – 1300 659 467
www.suicidecallbackservice.org.au
24/7 telephone line for anyone affected by suicide.

How to take action

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.

We live and work right across NSW and know all about local and online support options that might benefit you.

SCAN ME



Find your local
Coordinator:



R A M H P . C O M . A U

Head to Health – www.headtohealth.gov.au
Find Australian mental health services and resources.

Beyond Blue - 1300 224 636 beyondblue.org.au
24/7 counselling and support services available.

MensLine - 1300 789 978 mensline.org.au
24/7 telephone, online chat and video counselling services for men with emotional health and relationship concerns.

Kids Helpline - 1800 55 1800
kidshelpline.com.au
Free online and telephone counselling for young people aged 5-25yrs.

If you or someone else is in immediate danger call 000
or go to your nearest hospital emergency department.