

TAKING CARE FOLLOWING A BUSHFIRE

Rural Adversity Mental Health Program

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:

- Focus on the things you can control
- Talk openly with family and friends
- Accept help when it's offered
- Seek factual information from reputable sources

As much as possible, try to maintain a routine with good diet, exercise and quality sleep and rest.

When to get help

While it's expected to experience all sorts of emotions, feel fearful or overwhelmed during such difficult times, consider seeing your GP or 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 relationships or avoiding activities you usually enjoy
- Feelings of overwhelming fear or excessive guilt
- Using alcohol or other substances to cope
- A loss of interest in the future
- Thoughts of self-harm or suicide

Immediate support:



NSW Mental Health Line: 1800 011 511

24/7 telephone support

Lifeline: 13 11 14

24/7 confidential telephone line for crisis support

Beyond Blue: 1300 224 636

24/7 counselling and support services

RAMHP is here when the time is right for you. If you're unsure where to start or need more information, head to our website.

RAMHP.COM.AU

