

Murrumbidgee Local Health District Bushfire Recovery Counselling

Fences and sheds can be replaced - some things can't.

Look after your physical and mental health

- hold onto the important things!

Recent bushfires have significantly affected our communities in the Snowy Valleys and Greater Hume Shire Council areas.

This will have an impact on our mental health and wellbeing for a long time.

After any disaster it is normal to:

- feel overwhelmed and exhausted
- have difficulty sleeping
- feel agitated, irritable or angry
- experience grief and loss
- worry a lot more than usual
- have trouble concentrating, planning and making decisions
- have less interest or motivation in doing things previously enjoyed

However, when these feelings, thoughts and emotions last more than 4 - 6 weeks it is important to get some help.

The earlier we notice a problem and find support, the better chance we have of a quick recovery.

Helping others to find support early can prevent long term problems.

We can reduce the risk of health problems in the future for ourselves our families and friends.

A Bushfire Recovery Service is available in your area.

*Information is correct at time of printing.
[April 22nd 2020]*

What is the bushfire recovery service?

A free and confidential counselling service that is provided by experienced local health professionals who care.

We are available by phone or video conference until COVID 19 social distancing is reduced or removed.

(The service will return to face to face, home and community visits as soon as possible).

What can we do?

We are here to listen to your concerns. We can help you to make sense of your thoughts, emotions and how you are feeling. We can work with you to identify practical strategies and we will help link you to extra support where needed.

Call the Bushfire Recovery Team on:

0436 942 104

or Email us:

matthew.quinn1@health.nsw.gov.au

Help is also available 24/7 from
Accessline 1800 800 944

Or contact your local GP.

In an emergency dial 000 or visit your nearest hospital Emergency Department



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Healthy tips to cope with stress following disasters

- ✓ Daily exercise - walking, yoga, cycling
- ✓ Eat well, sleep well
- ✓ Only use alcohol in moderation
- ✓ Do things you enjoy that help you relax - plan to do things you can look forward to
- ✓ Make a list of things you are grateful for
- ✓ Stay connected with family and friends through email, social media, video conferencing or phone calls
- ✓ Talk about what's on your mind with a friend you trust
- ✓ Write a worry list to get them off your mind, then tackle them one by one
- ✓ Focus on problems one step at a time, break big problems into small chunks
- ✓ Learn to accept that some things are out of your control
- ✓ Set and maintain a sustainable daily routine to manage your time
- ✓ Avoid exhaustion and ensure adequate rest breaks
- ✓ **Seek assistance from professionals when you need it**