

Looking after yourself and others

following a traumatic event

Whether you are directly or indirectly impacted by a traumatic event, it can bring about a range of stressful thoughts, feelings and behaviours for individuals. This can have a profound effect on the mental health and wellbeing of affected communities, emergency services, first responders and those tasked to assist in the recovery effort.

It is important to focus on our own and collective wellbeing. Use these tips to help you cope and navigate through this stressful time.





Take a break

Reset expectations of yourself, your family and your workplace in the coming days and weeks. Acknowledge this is a difficult time and allow yourself time to slow down and practice self-care.



Switch off

Get the information you need and then switch off the news and social media. Continual exposure to details and the opinions of others can increase worry and stress.



Stay connected

Check in with people you know and stay connected. Pick up the phone, catch up in person, and take time out at work and at home for social connection.



Feel your feelings

It's okay not to feel okay. Give yourself permission to have feelings without judgement. Many people will have an emotional response, regardless of how connected they are to people directly affected.



Reach out

If you are not ok, please tell someone – a family member, friend, your doctor, or call a helpline. Encourage others to do the same.

Support services

Adult

Lifeline: 13 11 14 | Text 0477 13 11 14
lifeline.org.au
Suicide Call Back Service: 1300 659 467
suicidecallbackservice.org.au
Beyond Blue: 1300 224 636
beyondblue.org.au
MensLine Australia: 1300 789 978
mensline.org.au
StandBy Support After Suicide
1300 224 636

Youth

Kids Helpline: 1800 551 800
kidshelpline.com.au
headspace: 1800 650 890
headspace.org.au
ReachOut: Reachout.com

Other resources

Head to Health: mental health portal
headtohealth.gov.au
Life in Mind: suicide prevention portal
lifeinmind.org.au
SANE: online forums saneforums.org

Aboriginal and Torres Strait Islander: 13 92 76 | 13YARN.org.au
Lesbian, gay, bisexual, trans and intersex: 1800 184 527 | qlife.org.au
Embrace Multicultural Mental Health: embracementalhealth.org.au