

It is common to experience stress and grief after a traumatic event such as a disaster or emergency.



Government
of South Australia

SA Health



Common reactions can include:

- > Feelings of anger, fear, sadness
- > Difficulty concentrating
- > Feeling overwhelmed
- > Trouble thinking clearly or making decisions
- > Changes to eating and sleeping patterns



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Where to go for help

Information and support is available to help you or others to take care of your emotional wellbeing. Visit sahealth.sa.gov.au/DisastersAndMentalHealthSupport

Information on local recovery arrangements:
1800 302 787 www.sa.gov.au/recovery

Useful contacts

In an emergency call **000 (Triple Zero)** or Teletype 106

SA Mental Health Triage	13 14 65
Health Direct	1800 022 222
Red Cross	8100 4500
LifeLine	13 11 14
BeyondBlue	1300 224 636
Regional Access	1300 032 186
Nurse-on-call	1300 606 024
Suicide Call Back Service	1300 659 467