Mental health support during and after a disaster

Disasters and major incidents can have immediate and longer-term effects on mental health and wellbeing. It's natural to experience a range of emotions including stress, fear and anxiety.

Whatever you are going through, support is available.

Do you need urgent mental health support?

If you or someone you know is experiencing feelings of sadness or depression, thoughts of self-harm or suicide, or finding it difficult to participate in everyday activities, the following services can help.

For help in a mental health emergency
Call the 24/7 Emergency Triage and Liaison Service on **13 14 65.**

When impacted by a disaster, these are some common and normal reactions that you or others might notice

- Feeling angry, sad or fearful
- feeling overwhelmed
- feeling numb and detached
- inability to focus or to plan ahead
- intrusive thoughts and self-questioning or bad dreams
- sleep and eating disturbances

Looking after your mental health and wellbeing

- Spend time with people who care
- Talk about the ups and downs with family, friends and health professionals
- Do things that help you relax
- Keep a routine going that balances work, eating, and sleep
- Look after your physical health through exercise and regular healthy meals
- Take a break from social media or news that causes distress
- Treat yourself kindly, you are doing your best
- Talk with your doctor.

For more tips, visit: www.beyondblue.org.au

Telephone and online support

Medicare Mental Health

Free, confidential support available Monday to Friday, 8.30am to 5pm (except public holidays).

- Call 1800 595 212 or visit medicarementalhealth.gov.au
- Walk into a Medicare Mental Health Centre for face-to-face support – no Medicare card, referral or appointment required.

Lifeline

24/7 crisis support

- Call 13 11 14 or visit www.lifeline.org.au

Kids Helpline

Available 24/7 for anyone aged 5 to 25.

- Call 1800 551 800 or visit www.kidshelpline.com.au

Men's Line

24/7 counselling for men

- Call 1300 789 978 or visit www.mensline.org.au

13YARN

24/7 support for Aboriginal and Torres Strait Islander people

- Call 13 92 76 or visit www.13yarn.org.au

Help for children and young people

Children and young people exposed to disasters will react in different ways. It's important to be aware of changes in their conversation, behaviour, level of engagement, physical health or emotional state, so they can access supports early .

If you are concerned about the mental health and wellbeing of a child or young person, please visit your GP, or contact Medicare Mental Health on 1800 595 212, Monday to Friday, 8.30am to 5pm.

Emerging Minds

Information and resources to help you support the mental health and wellbeing of children and families.

- Visit emergingminds.com.au

Headspace

Online and telephone support for anyone aged 13 to 25.

- Call 1800 650 890 or visit headspace.org.au

Additional services

Regional Access Program

Free online and telephone support available 24 hours a day, 7 days a week for people 15 years and older living or working in regional South Australia.

> Call 1300 032 186 or visit www.saregionalaccess.org.au

Rural Aid Counselling Intake

Free, confidential telephone support for farmers and their families available Monday to Friday, 9am to 4pm.

> Call 1300 175 594 or visit www.ruralaid.org.au/mental-health-wellbeing

More information and resources

Visit www.sahealth.sa.gov.au/mentalhealth