

Mental health during a disaster

What is it?

A disaster can include heatwaves, bushfires, droughts, floods, severe storms and tropical cyclones, earthquakes, tsunamis and landslides. Disasters can affect your emotions and mental health. They can also make mental health and drug and alcohol issues worse. It can be hard to look after yourself and feel well when a disaster happens. If you need help with your mental health during this time, you can talk to your GP and access support.

What will my GP do?

Talking to your GP is a good first step. They will let you know what you can do to feel better during this time.

What can I do?

There are some things you can do during this time to feel better, including:

- Talking with friends and family
- Establish and keep up with a daily routine
- Do things to help you relax
- Prepare yourself for times when you might not feel good, many people experience this after a disaster

What supports are available?

Life in Mind

Support for those impacted by natural disasters and traumatic events

Website: lifeinmind.org.au

Phoenix Australia Disaster Mental Health Hub

Support for those experiencing the mental health impacts of disasters

Website: phoenixaustralia.org

Beyond Blue

Phone: 1800 51 23 48

NSW Mental Health Line

Phone: 1800 011 511

Where can I learn more?

Beyond Blue - Natural disasters and your mental health: beyondblue.org.au

ABC - After the disaster podcast: abc.net.au

GriefLine

Website: griefline.org.au

Head to Health

Mental health support during normal business hours

Phone: 1800 595 212

Website: headtohealth.gov.au

Mensline Australia

A free mental health phone line and online support for men

Phone: 1300 78 99 78

Website: mensline.org.au

headspace

Online support for young people

Website: headspace.org.au

headspace Yarn Safe

Online support for young Aboriginal and Torres Strait Islander people

Website: headspace.org.au/yarn-safe

Transcultural Mental Health Line

Support for culturally and linguistically diverse communities in NSW from Monday to Friday between 9am and 4.30pm

Phone: 1800 648 911

Lifeline

24/7 crisis support and suicide prevention services

Phone: 13 11 14

SMS: 0477 13 11 14

Translation service: 131 450