

# Mental health support for people affected by floods

Floods can affect everyone in the community, not only people directly dealing with loss of property or possessions. If you feel in need of mental health support, there are services ready to help you through the difficult times.

## Self care

1. Recognise that you've been through a distressing time. Don't get angry with yourself for being upset.
2. Remember that there is no right or wrong way to feel.
3. Don't suppress your feelings — share them with people you trust when you are ready to do so.
4. Rest if you're tired. Physical exercise is also important.
5. Let friends and family know of your needs — when you feel tired, need time out, want to talk or be with someone.

### DOWNLOAD SELF CARE RESOURCES:

[www.beyondblue.com.au/the-facts/looking-after-yourself-after-a-disaster](http://www.beyondblue.com.au/the-facts/looking-after-yourself-after-a-disaster)

[www.crrmh.com.au/downloadable-resources](http://www.crrmh.com.au/downloadable-resources)

[www.headspace.org.au/explore-topics/for-young-people/natural-disasters/](http://www.headspace.org.au/explore-topics/for-young-people/natural-disasters/)

## Help in a crisis

If you require immediate 24/7 help contact:

**Mental Health Line** 1800 011 511

**Beyond Blue** 1300 22 4636

**Lifeline** 13 11 14

**MensLine** 1300 78 99 78

**Lifeline Text** 0477 13 11 14

**Kids Helpline** 1800 551 800 (children under 12 years)

**Suicide Call Back Service** 1300 659 467

In an emergency, please **call 000** or go to your nearest hospital emergency department.

## Mental health support

### Connect To Wellbeing

**North Coast 1300 160 339**

Call Connect to Wellbeing and be directed to the right information or service that best suits your needs, including referral to telehealth services (up to 10 free telepsychology sessions).



Scan to save to your phone

### Temporary extended service hours (currently until Mon 7 March 2022)

Monday to Friday 8.30am – 9pm

Saturday and Sunday 9am – 5pm

### Standard service hours

Monday to Friday 8.30am – 5pm

## 24/7 GP telehealth

**Healthy North Coast  
GP Telehealth service  
1800 931 158**

Free GP consultations for flood-affected communities. Phone or video, 24 hours/7 days.



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\* The Connect to Wellbeing, telepsychology and GP Telehealth services are funded by Healthy North Coast through the North Coast PHN program.