













Managing Mental Health After a Natural Disaster

The natural world can be unpredictable. A natural disaster or extreme weather event can result in a sense of fear and uncertainty about immediate safety and threaten the sense of predictability to life. Difficulties adjusting to the aftermath of a natural disaster can be experienced long-term, even once the immediate danger has passed. Individuals who have faced a natural disaster might be coping with widespread feelings of loss – loss of housing, possessions, employment, study, the environment and even loss of life. This can further threaten our sense of predictability, security or stability.

Scan to download a free PDF version from the eMHPrac Website



eMHPrac has compiled a list of resources on preventing and managing mental health issues after a natural disaster such as a bushfire, earthquake, extreme storm, cyclone, drought or flood. Digital interventions offer affordable and accessible mental health information, tools and treatments to support your mental health during and after a natural disaster.



Phone Services



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headspace

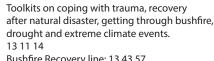
Guidance and support for young people who need help with mental health, physical health, or alcohol and other drugs. Information for young people affected by a natural disaster. 1800 650 890 (9am-1pm, 7 days a week) https://headspace.org.au/explore-topics/foryoung-people/natural-disasters



Fre, confidential 24hr counselling service for young people aged 5-25yrs, offering support by phone. email and over the web. Information for teens and young adults on coping with natural disasters.

1800 55 1800

https://kidshelpline.com.au/teens/issues/coping -natural-disasters



https://www.lifeline.org.au/get-help/information



parentline

Beyond Blue

Telephone, online and email counselling and website on natural disasters and your mental health. Includes common reactions, when to seek further support, dealing with the emotional impacts, and supporting someone else through a natural disaster.

1800 224 636

https://www.beyondblue.org.au/the-facts/natural -disasters-and-your-mental-health

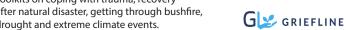
ParentLine

Telephone and online counselling for parents and carers with information on coping with a crisis or disaster. Outlines normal behavioural responses and ways to support a child.

https://parentline.com.au/issues/coping-crisis -or-disasters

Griefline

Phone and online counselling services and moderated forums for individuals and families who are experiencing loss and grief. 1300 845 307 https://griefline.org.au



Bushfire Recovery line: 13 43 57 -and-support/natural-disaster/

























Digital Mental Health Gateway

Head to Health

Head to Health

A website that links Australians to online and phone mental health services, information and

headtohealth.gov.au

Information Sites



Trauma and Grief Network

Virtual space for caregivers to understand and respond to the need of children and adolescents experiencing trauma, loss, and grief, including disasters. Resources include tip sheets, videos, and links to other support resources. https://tgn.anu.edu.au/resource/disasters/



Resources for health professionals and consumers on mental health issues, including downloadable Psychological First Aid guide for people affected by disaster.

https:/psychology.org.au/getmedia/c1846704-2fa3-41ae-bf53-7a7451af6246/red-crosspsychological-first-aid-disasters.pdf



😯 kidshelpline

Emerging Minds

Community Trauma Toolkit helping communities, families, and children understand the impacts of a traumatic event and how to lessen them. https://emergingminds.com.au/resources/toolkits /community-trauma-toolkit/

You Got This Mate



Tips and information to assist rural men to reach their best mental health. Includes guizzes, resources on supporting others and online action

https://yougotthismate.com.au/

Phoenix Australia Centre for Posttraumatic Mental Health



A range of information, factsheets and other self-help resources for those affected by trauma or wanting to assist others who have been affected by trauma, including natural disasters. https://www.phoenixaustralia.org/

Open Arms



Information on resilience and recovery from natural disasters including; ways to stay connected, maintaining your health, building in time for activities you enjoy, balancing media exposure, maintain or re-establish routines, pracctice kindness and support others, dealing with triggering events and practicing relaxation. https://www.openarms.gov.au/about/news/2021/ resilience-and-recovery-natural-disaster

ReachOut



Information, peer-support and referral tools for young people and parents on natural disasters and drought. Tips on what to do for the initial days and weeks, things you can do to feel better, how to get help, and tips for the longer term after a natural disaster.

https://au.reachout.com/articles/how-to-dealwith-the-stress-of-bushfires-floods-earthquakesand-cyclones



Information for education on the impact of natural disasters on mental health, coping strategies, signs of distress to look for in children and young people, and being prepared for natural disasters.

https://beyou.edu.au/fact-sheets/grief-trauma -and-critical-incidents/impact-of-natural-disasters -on-mental-health

Transcultural Mental Health Centre



Factsheets on coping personally with natural and war-related disasters and helping your family. https://www.dhi.health.nsw.gov.au/transcultural -mental-health-centre-tmhc/resources/ multilingual-resources-by-title/coping-personally -with-war-and-disaster/coping-personally-with

Way Ahead



Website with information on mental health and natural disasters, listing common reactions, when and where to seek help, strategies to cope and ways to support others.

https://wayahead.org.au/get-the-facts/mental -health-after-natural-disasters-and-emergencies/

Online Programs

ifarmwell

ifarmwell

Free online toolkit designed to help farmers cope effectively with life's challenges and reduce the negative impact that stressful situations have on their lives.

https://ifarmwell.com.au/

Black Dog Institute Bushfire Support Service



Free quick mental health check, providing insights and recommendations to support Emergency Service Workers and their loved ones. https://www.blackdoginstitute.org.au/bush-firesupport-service/

Birdie's Tree (Children's Health QLD)



Suite of resources to help parents, carers, and young children prepare for, cope with and recover from natural disasters. Lists therapeutic games, storybooks, and early childhood curriculum.

https://www.childrens.health.qld.gov.au/natural -disaster-recovery/









