

Tips for maintaining your mental wellbeing

A healthy sense of **mental wellbeing** has many benefits. It lifts your mood and helps you get the most out of life.

- **Taking some 'me time' is important**
- **Look to improve and get adequate sleep**
- **Reach out for support from family and friends**
- **Look after your physical health through regular exercise and eating healthy meals**
- **Reduce alcohol, caffeine and un-healthy snacks**
- **Talk to your doctor or a healthcare professional.**

Contact Us

Ipswich Health Plaza

07 3817 2570

21 Bell Street, Ipswich QLD 4305

Phone: 0428 686 924 or 0417 585 846

Email:

WM_MHSS_Disasterrecovery@health.qld.gov.au

Postal Address

PO Box 878, Ipswich QLD 4305

Useful Contacts

If a life is at immediate risk call 000 (Triple Zero)

1300 MH CALL (1300 64 2255) 24/7 helpline

Kids Helpline	1800 55 1800
Lifeline	13 11 14
Mensline	1300 78 99 78
Relationships Australia	1300 364 277
Salvation Army	1300 551 030
Suicide Call Back Service	1300 659 467

Disaster Recovery Mental Health and Wellbeing



**Mental Health and
Specialised Services**

Caring Better Together



Enhancing the mental wellbeing and resilience of individuals, families, carers and community members impacted by bushfire, disaster and drought.



Australian Government



**Queensland
Government**

Impact of natural disasters

Following a natural disaster, it's normal for some people to experience a range of unpleasant feelings, symptoms or experiences. These can make it difficult to cope with daily life. Feelings or experiences could be:

- **Physical**
- **Emotional**
- **Cognitive**
- **Social**

The emotional impact of a natural disaster often goes un-noticed for up to two years after the event. Often these unexplained feelings or experiences may not be recognised as related to trauma from natural events. It is important to seek help if you have unexplained feelings that impact upon our quality of life.

Feelings and experiences

While everyone reacts differently to trauma, common feelings and experiences may include:

Physical: changes to eating and sleeping patterns, not attending to self-care, fatigue, risk taking behaviours (such as gambling), increase in use of alcohol or other drugs

Emotional: fear, anxiety, depression, anger, irritability, grief, helplessness

Cognitive: confusion, forgetfulness, difficulty concentrating, pre-occupation and worrying

Social: avoiding contact with others, social withdrawal or changes in socialising, difficulty in interpersonal relationships, relationship problems.



We are here to help

Our aim is to work collaboratively with individuals, families, carers, communities, local government and non-government agencies.

Our vision is to improve mental wellbeing of our community for everyone. We want our individuals and communities to be better psychologically prepared for traumatic natural events looking after and reduce the emotional impact.

We provide (at no cost)

- Individual and family therapy sessions
- Simply someone to listen, chat or offer practical support options
- Referral to access additional community supports e.g. financial advice
- Community sessions including information sessions and debriefing sessions
- Mental wellbeing education e.g. Mental Health First Aid Training and Psychological Recovery training.



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