

# Self Care and Wellness



It's normal to feel upset after extreme weather events like this. If you need support or advice, or have feelings of anxiety, stress, prolonged fear, hopelessness or anger and need to talk with someone, you can phone **Healthline on 0800 611 116**.

Healthline is staffed by experienced registered nurses 24 hours a day, seven days a week.

## **Other places you could go for support include:**

- Your GP or local community health centre;
- Mental Health Service **0800 166 167**;
- Free call or text **1737** any time for support from a trained counsellor;

If the situation is such that you are concerned about your or someone else's immediate safety call **111**.

## **When to ask for extra help**

Sometimes post-disaster stress can be ongoing. It can affect your physical and mental health and wellbeing.

It's time to ask for help if:

- your sleep is badly affected
- you feel very distressed, irritable, on edge or agitated much of the time
- you feel hopeless, despairing, miserable or that you can't go on
- you have trouble concentrating, are distracted and can't do your usual tasks
- you feel your health has been affected
- you have recurrent nightmares or intrusive thoughts about the event
- you have new symptoms or old problems may seem to have returned (eg, breathing, heart or stomach problems).

For children, withdrawal, aggressive behaviours, difficulties at school, or problems separating from parents or going to sleep may indicate the need for help.