

# Looking after your wellbeing after a bushfire

## Connect with others

Spend time with friends and family and talk to them about how you're feeling. Staying connected can make a big difference.

Check in with others who might need extra support right now too. This includes elderly or isolated people, or people with a pre-existing mental illness, with a history of trauma or who are experiencing a recent bereavement.

## Try to stick to a routine

Going to bed at the same time every day, planning meals and giving your day structure can keep you grounded. The most important thing is to not push yourself or rush into it.

## Do things that help you relax, if you can

While doing things you enjoy can be hard to prioritise right now, self-care is key. As much as you can, do the little things that make you feel good.

## Accept help when it's offered

There is no shame in needing and accepting help and support.

## Focus on eating and sleeping well

And move your body if you can. Looking after your body can improve your mental health.

## Limit media coverage

Take breaks from watching or listening to media or stick to one trusted source. This includes social media.

## Reach out for help

If you or someone you know is in immediate danger, call Triple Zero (**000**).

Professional help is available and only a phone call away:

- Lifeline on **13 11 14**
- Beyond Blue on **1300 22 46 36**
- 13YARN, run by Aboriginal people, on **13 92 76**
- Transcultural Mental Health Line on **1800 648 911**
- NSW Mental Health Line on **1800 011 511** to speak to a specialist mental health service
- Kids Helpline on **1800 55 1800** (if you're aged under 25).

Learn more: [www.health.nsw.gov.au/bushfires](http://www.health.nsw.gov.au/bushfires)

