

Natural Disaster

Support for people impacted by recent weather events

Feeling overwhelmed is natural

Natural disasters and severe weather events can affect us in many ways.

You may be dealing with damage to property, loss of income or worrying about the health and safety of yourself or others and your broader community. You may find that these stressful events trigger painful memories of other times in your life. You may notice you're responding with thoughts and emotions that are out of character for you.

Sometimes these feelings can be confusing or overwhelming and it can help to talk it through.

Illawarra Shoalhaven Disaster Recovery Service

Provides emotional and psychological support to communities and individuals affected by natural disasters.

We provide a flexible outreach service ranging from one-off phone contact giving an opportunity to talk through concerns to ongoing support at home or in the local community.

We offer:

- confidential mental health support, advice and referral
- trauma-informed education and support
- general education focussed on wellbeing, self-care and growth through adversity.



This is a free service that can be contacted on **4424 7888** or on mobile **0474 915 008**.

Support is also available at:

☎ Call @LifelineAustralia 24/7 on 13 11 14

☎ @beyondblue also has great resources or you can call them for mental health advice and support on 1800 51 23 48

☎ If you need a referral to specialist mental health support, please call the NSW Mental Health Line on 1800 011 511