

let's talk

managing stress during drought



Rural communities are resilient and resourceful with people relying on being able to solve problems and overcome challenges. However in drought or dry conditions, there are often factors that are out of our control and that can cause significant stress. When we are busy or stressed, looking after our mental and physical health can often be forgotten but it is important to manage our health to ensure that we can make clear decisions and cope with other stressors in our life.

Signs that someone may be stressed:

- Anger or irritability
- Worry or nervousness
- Loss of concentration
- Loss of interest
- Low energy
- Relationship issues
- Unusual headaches and body aches
- Changes in sleeping and eating patterns
- Increased drug or alcohol use

When someone is under prolonged stress, they may have difficulty making decisions regarding their finances, stock or relationships. If someone is showing signs of being stressed, it is important to talk about it and take action as soon as possible.

Having a conversation:

When having a conversation, chat to the person in a comfortable place about what you have noticed and why you are concerned. You do not need to fix their problems but you need to listen to their concerns and reassure the person that there is help available.

Ways you can start the conversation:

"I haven't seen you around much lately, ...what's been happening?"

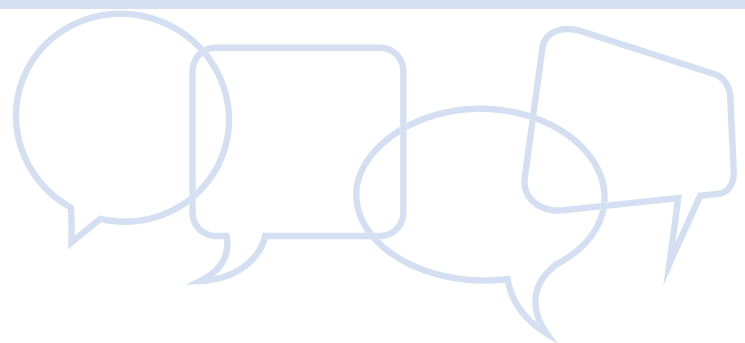
"You look a bit run down, how are you going?"

If the person is not coping, then encourage them to take action.

Looking after yourself:

In tough times we also need to remember to look after ourselves. Taking care of yourself is important, as it will increase your capacity to deal with stressors.

- Try to have some time out
- Do things you enjoy
- Keep in touch with family, friends and neighbours



- Don't self assess – seek advice from financial counsellors or other professionals to make more informed decisions
- Reflect on the good stuff
- Eat well, sleep well and only use alcohol in moderation

How to take action...

GP – Contact your local general practitioner (GP)

Health Direct – www.healthdirect.gov.au

Look up health services in your area.

NSW Mental Health Line – 1800 011 511

24/7 telephone line providing advice and referral.

Lifeline – 13 11 14

24/7 confidential telephone line for crisis support.

Suicide Call Back Service – 1300 659 467

24/7 telephone line for anyone affected by suicide.

Alcohol Drug Information Service –
1800 250 015

24/7 confidential telephone line providing advice, referral and support.

National Association for Loss & Grief –
02 6882 9222 (During Business Hours)

Offers a free telephone counselling service to those experiencing loss or grief.

Salvation Army Rural Chaplains –
02 9466 3544

Provides regular visits to farmers and other rural workers and provides other assistance.

Rural Aid – 1300 327 624

Conducts free calls or personal visits from qualified and registered counsellors. This is a new service and is not operational in all areas of NSW.



Further drought support:

DPI Drought Hub – www.dpi.nsw.gov.au/climate-and-emergencies/drouthub

Provides information on services and supports available to prepare for and manage drought.

Rural Resilience Program – www.dpi.nsw.gov.au/about-us/rural-support/rural-resilience-program

Links farmers to services and initiatives to build personal and business resilience through Rural Resilience Officers and Rural Support Workers.

Local Land Service – 1300 795 299
www.lls.nsw.gov.au

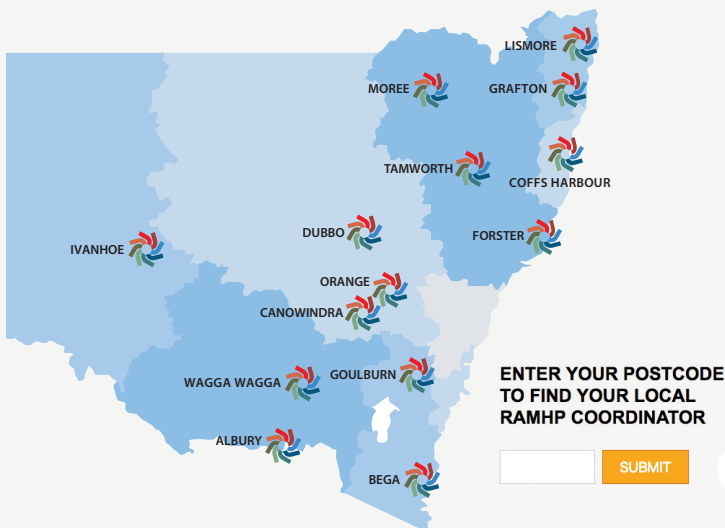
Provides services and knowledge in regards to agricultural production, animal health, pest and disease management and environmental threats.

Rural Financial Counselling Service – 1800 686 175

Provides free information and assistance on financial position, budgets and submitting applications to primary producers, fishers and small rural businesses.

NSW Rural Assistance Authority – 1800 678 593
www.raa.nsw.gov.au

Provides assistance to rural producers and small businesses in regional NSW.



Find your local RAMHP Coordinator

VISIT www.ramhp.com.au



RAMHP has 14 Coordinators based across NSW who are able to provide specialist knowledge and support for people experiencing mental health concerns.



CONNECT WITH US:



E: ramhp@newcastle.edu.au

W: www.ramhp.com.au



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