

let's talk coping with uncertainty



Stressful events can cause feelings of worry and unease especially where there are levels of uncertainty involved. However, it is extremely important to learn to manage our stress before it leads to greater anxiety and fear.

Support your mental health & wellbeing

Learn the facts

- Seek factual information from reliable sources. Seeking information from a reliable source ensures that we are well informed with accurate details, without being overwhelmed with negativity.
- Limit media exposure. Extensive exposure to negative information can have a harmful impact on mental health.
- While it is important to stay informed, constant updates can be quite overwhelming. Try to limit your updates to once a day, for a short duration.

Keep things in perspective

- Try not to get ahead of yourself. Stay calm and follow the advice provided.
- Focus on the things that you can control. Let go of the things you can't control.
- Seeking reliable information, while limiting media exposure, will also help to keep things in perspective.

Practice Self Care

Taking care of yourself during uncertain times is essential.

- Maintain social networks and speak openly with friends and family about what you are going through
- Prioritise hobbies/activities that you enjoy
- Exercise and eat a balanced diet
- Practice meditation and mindfulness to promote relaxation within the body
- Prioritise quality sleep

Speaking with children

Children have a way of picking up on what is going on within the family and the world around them. It's important that your children know that they can ask you questions and feel supported through this uncertainty as well.

- Answer their questions in a calm manner
- Be open and honest without overwhelming them with unnecessary information. Keep it simple and age appropriate
- Talk to them about how they are feeling and provide reassurance
- Model calmness
- Help them to implement relaxation practices
- Limit media exposure

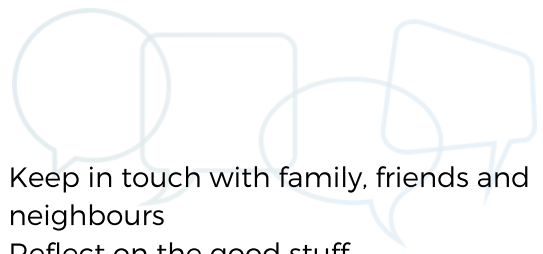
Sharing information shows that you trust and value them, which in turn can build resilience.

If you or someone else is in immediate danger call 000 or go to your nearest hospital emergency department.

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 stress.

- Try to have some time out
- Do things you enjoy



- Keep in touch with family, friends and neighbours
- Reflect on the good stuff
- Eat well, sleep well and only use alcohol in moderation

How to take action...

GP - Contact a local general practitioner (GP).

Head to Health - headtohealth.gov.au

Find Australian mental health services and resources.

Alcohol Drug Information Service - 1800 250 015

24/7 confidential telephone line providing advice, referral and support. Web chat Mon-Fri 8.30am - 5pm.

Beyond Blue Support Service - 1300 224 636

beyondblue.org.au

24/7 counselling and support services available.

Kids Helpline - 1800 55 1800 kidshelpline.com.au

Free online and telephone counselling for young people aged 5-25.

Lifeline - 13 11 14

24/7 confidential telephone line for crisis support.

NSW Mental Health Line - 1800 011 511

24/7 telephone line providing advice and referral.

MensLine - 1300 789 978 mensline.org.au

24/7 telephone, online chat and video counselling services for men with emotional health and relationship concerns.

SANE Australia - 1800 18 7263 sane.org

Counselling, referrals and information for adults with mental illness, trauma and psychological distress. Available weekdays by phone, email or web chat from 10am-10pm.

Suicide Call Back Service - 1300 659 467

24/7 telephone line for anyone affected by suicide.

1800 RESPECT - 1800 737 732

1800respect.org.au

24/7 telephone and online support services for sexual assault, domestic and family violence.

Emerging Minds - vimeo.com/394049129

Video: Talking to children about natural disasters, traumatic events, or worries about the future.

Contact
your local
RAMHP
Coordinator

RAMHP has Coordinators based across NSW who provide specialist knowledge and support for people experiencing mental health concerns

VISIT www.ramhp.com.au