

Recovery after bushfire for you and others—the immediate coming days

AGRICULTURE VICTORIA

A key to recovery is to remain as healthy as you can and recognising that experiencing stress in traumatic situations is normal.

Quick tips to help right now.

SELF CARE

A key to recovery is to remain as healthy as you

- Remember to take medications
- Stay connected to other people is critical to recovery—talk/listen
- Take a moment to recharge—walk away, stop, breath, take a rest
- Avoid unnecessary exposure to further distressing images

SUSTAIN

- Food—eat healthy food where possible, limit high sugar/fat/salt
- Water— keep well hydrated with clean/uncontaminated drinking water
- Sleep—make sleep a priority
- Minimise alcohol consumption
- Be careful not to overheat—avoid working in the heat of the day

SIGNS OF DISTRESS IN YOURSELF AND OTHERS

- Inability to focus
- Irritability
- Difficulty in making decisions
- Withdrawing from contact with people
- Physical symptoms: nausea, headache, muscle aches, skin rashes, insomnia

SUPPORT – IN THE IMMEDIATE COMING DAYS PRACTICAL SUPPORT IS OFTEN THE MOST HELPFUL

- In a crisis proactively seek urgent support for yourself and others (see contact numbers)
- If you've had a near death experience or experienced significant trauma seek support
- Children—are there family/friends who can help?
- Livestock and pets—do they have water, food, fodder?
- Stock welfare—do you need veterinary advice?
- Ask for what you need—it's okay to receive food and help—just as you want to help others, others want to help you

SUPPORT CONTACTS

Beyond Blue	1300 224 636	
Lifeline	13 11 44	
Mental Health Services	1800 808 284	
Mensline	1300 789 978	
Kids Helpline	1800 551 800	
Nurse on Call	1300 606 024	
Rural Financial Counselling Service	1800 686 175	
Animal Welfare Assessments Agriculture Victoria	1800 226 226	
Australian Government Disaster Assistance		www.disasterassist.gov.au
Fodder Assistance Victorian Farmers Federation	1300 882 833	www.vff.org.au
Emergency Livestock Water	Contact your local Council	

ACCESSIBILITY

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