

Coping after a crisis

Sometimes terrible things happen in our community, like recent events in Moorooka. As a result we can feel angry, sad, afraid or worried. This is very normal and often people begin to feel better with a bit of time and support.

Sometimes these kinds of events can remind us of things in our past and feelings and memories from the past can come back. This can be very worrying but there is help available.

Some of the common reactions that you may experience include:

- Thinking too much and fear about the same events happening in the future
- Feeling shocked or paralysed, feeling that you can't believe what happened
- Horror and sadness about what happened
- Frustration, anger, helplessness and a feeling that it all seems too much
- Problems with sleeping or eating
- Feeling sick or experiencing pain
- Remembering old fears and worries

It is important to remember that your feelings about what happened are normal and these feelings usually begin to settle within a few weeks.

Things you can do to help yourself and others cope:

- Be gentle on yourself and do not expect too much of yourself
- Try to delay making big decisions
- Talk and listen to each other when talking about worries
- Comfort each other and reassure each other
- Check in with your children, they may be worried or sad too
- Focus on looking after yourself and your family – sleep when you can, eat healthy food, go for walks, share a meal, and drink water regularly
- Ask for help

If you feel like you need more help or you are worried that things are not getting better for you then you can:

- Talk to your religious or spiritual leader
- Talk to a case manager or support person if you are involved with a support agency (eg MDA, QPASTT) as they will have good ideas about what might help
- Talk to your General Practitioner (GP) about how you are feeling
- Ring the Queensland Transcultural Mental Health Centre who can meet with you and talk about what might help you
- Ring Lifeline to talk directly to a phone counsellor (24 hours a day)

Important phone numbers

Lifeline 24 hours a day

13 11 14

Call TIS on 131 450 and ask to talk to Life Line 13 11 14 in the language required

Queensland Transcultural Mental Health Centre

3167 8333 (Monday to Friday)

MDA

3337 5400 (Monday to Friday)

QPASTT

3391 6677 (Monday to Friday)

**All of these services will arrange interpreters for you*

