Coping personally after major disasters and cyclones (Punjabi)

The Facts.

Coping effectively after major disasters and cyclones (Punjabi)

In coping personally after major disasters and cyclones, it is important to consider:

- Physical health
- Mental health
- Emotional health
- Social support
- Financial stability
- Legal assistance

In order to cope effectively, it is important to:

- Seek professional help if needed
- Stay connected with family and friends
- Practice mindfulness and meditation
- Engage in physical activity
- Avoid alcohol and drugs
- Get adequate rest
- Take care of your health

It is important to remember that everyone copes differently and it is okay to seek help if needed.
For more information:
For more information, please contact the Queensland Transcultural Mental Health Centre.

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