



NATIONAL CENTRE FOR
**FARMER
HEALTH**

Recovery after floods

for you and others

SUPPORT CONTACTS

National Centre for Farmer Health

www.farmerhealth.org.au/support

Agriculture Victoria

agriculture.vic.gov.au/farm-management/emergency-management/floods

Flood Recovery Hotline

1800 560 760

www.vic.gov.au/emergency-recovery-victoria

National Emergency Management Agency

www.nema.gov.au

Rural Financial Counselling Service

1300 735 578

www.wswrcs.com.au

Rural Aid

www.ruralaid.org.au

Beyond Blue

1300 224 636

Kids Helpline

1800 551 800

Lifeline

13 11 14

MensLine

1300 789 978

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

Quick tips to help right now

SELF CARE



- A key to recovery is to remain as healthy as you can
- Remember to take medications
- Stay connected to other people is critical to recovery—talk/listen
- Take a moment to recharge—walk away, stop, breathe, 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

STAY SAFE

- Keep safety front of mind
- Avoid operating machinery when tired



SIGNS OF DISTRESS



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

Be kind to yourself and others

DON'T BE AFRAID TO ASK FOR

