

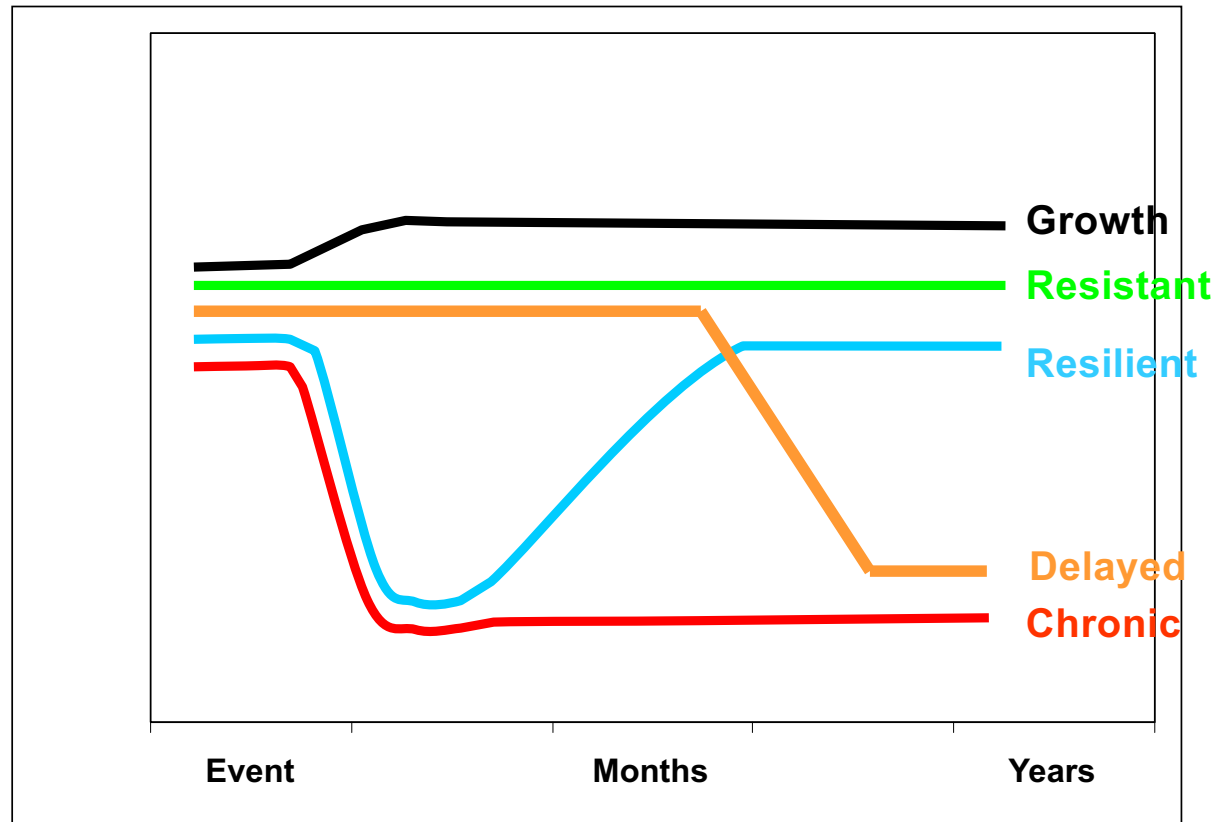
Mental Health

Response to Natural Disaster



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Prototypical Patterns Over Time





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**Resilience is the norm.
But it can take a while to
bounce back.**





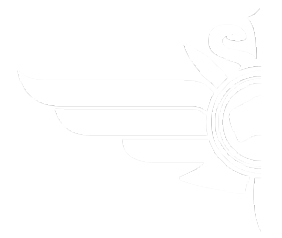
Natural Disasters – What Can Help

- Recognition and understanding that it is normal to react to distressing experience
- No right or wrong ways to feel
- May not feel good but it is coping
- Spending time with the right people (respectful, familiar)



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What can we do?
Have a
conversation...





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Talking with someone



- Keep it simple
- Sensitivity
- Listen and talk
- Offer, but don't press
- Give sense that they are not alone
- Most recover with their own strengths and family and friends support



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Natural Disasters – What Can Help

- Practical support
- Limiting exposure to media
- Sharing experience with trusted people
- Try not to bottle up feelings, block out thoughts or avoid by staying too busy



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Self Care

- Normal routine
- Plan some enjoyable activity
- Healthy balance meals and exercise
- Rest and relaxation



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Further Advice & Support

- LifeLine: 13 11 14
- RFDS Outback Mental Health: 1300 010 174 or email: outback@rfdsqld.com.au.

