



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

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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 any prescribed 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	<a href="tel:1300224636">1300 224 636</a>
Lifeline	<a href="tel:131144">13 11 44</a>
Mental Health Services	<a href="tel:1800808284">1800 808 284</a>
Mensline	<a href="tel:1300789978">1300 789 978</a>
Kids Helpline	<a href="tel:1800551800">1800 551 800</a>
Nurse on Call	<a href="tel:1300606024">1300 606 024</a>
Rural Financial Counselling Service	<a href="tel:1800686175">1800 686 175</a>
Animal Welfare Assessments, Agriculture Victoria	<a href="tel:1800226226">1800 226 226</a>
Australian Government Disaster Assistance	<a href="#">Disaster Assist</a> <sup>↗</sup>
Fodder Assistance, Victorian Farmers Federation	<a href="tel:1300882833">1300 882 833</a> or <a href="#">Victorian Farmers Federation</a> <sup>↗</sup> (VFF)
Emergency Livestock Water	Contact your local council

### Was this page helpful?

 YES

 No

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We acknowledge the traditional Aboriginal Owners of Country throughout Victoria, their ongoing connection to this land and we pay our respects to their culture and their Elders past, present and future.