



# 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> 
Fodder Assistance, Victorian Farmers Federation	<a href="tel:1300882833">1300 882 833</a> or <a href="#">Victorian Farmers Federation</a>  (VFF)
Emergency Livestock Water	Contact your local council

### Was this page helpful?

 YES

 No

Page last updated: 05 Sep 2025

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.