

Central Coast Mental Health Service

Disaster Recovery and Resilience Support Information

Taking care of mental health after a disaster

It is normal to not feel like your usual self following a disaster or traumatic event.

Disasters such as bush fires, floods, storms, and pandemics can have a significant mental health impact on those affected.

This includes individuals, families and the wider community.

Immediately after a disaster you may have different reactions.

Common reactions you may experience

- Feelings of distress
- Grief
- Emotional upset
- Increased anxiety
- Sleep difficulties
- Change in appetite
- Sadness
- Feelings of guilt
- Fear
- Anger



When to seek help

If any reactions persist or impact your ability to function, speak with your health care provider or mental health team for support.

Things you can do to cope

- Take some time out alone
- Spend time with loved ones
- Use a journal to record your thoughts
- Meditate
- Working on maintaining a healthy routine including exercise and eating well

Be gentle on yourself and remember it's okay if you need some time to get back into routine or readjust.

Local Available Supports

Your General Practitioner (GP)

Ask your GP about accessing the Better Access to Mental Health Program. This can provide access for up to 10 sessions per year with a qualified mental health specialist. The cost of the program is supported through Medicare.

Lifeline Central Coast (free service)

Face-to-face counselling and support for people affected by a crisis event. Available Monday to Friday, 9am-5pm.

Call: 1300 152 854,
or visit www.lifelinedirect.org.au

Mind Health (free service)

Professional phone and online counselling for people aged 15 years+ who live in the Hunter, New England, and Central Coast regions. Available Monday to Saturday, 7am -9pm.

Call: 1300 029 131,
or visit www.mindhealth.org.au to use the Online Chat support option.

Head to Health (free service)

A trained professional will take your call, give you advice, and connect you to the best support or service. Available Monday to Friday, 8.30am -5pm (except on public holidays).

Call: 1800 595 212,
or visit www.headtohealth.gov.au

24/7 support numbers

In the event of an emergency please call 000 or attend your closest hospital Emergency Department.

Mental Health Line
1800 011 511 

LifeLine

13 11 14 (24/7)

13 YARN

13 92 76 (24/7)

Kids Helpline

1800 55 1800 (24/7)

Suicide Callback Service

1300 659 467 (24/7)

Mensline Australia

1300 789 978 (24/7)

Beyond Blue

1300 224 636 (24/7)

Disaster Recovery Resources



Service NSW Disaster Assistance Finder

www.disasterassistance.service.nsw.gov.au



NSW Rural Fire Service

www.rfs.nsw.gov.au



NSW SES

www.ses.nsw.gov.au



Services Australia – financial support

www.servicesaustralia.gov.au/individuals/centrelink



Phoenix Australia

www.phoenixaustralia.org

Additional supports:

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