A picture containing text

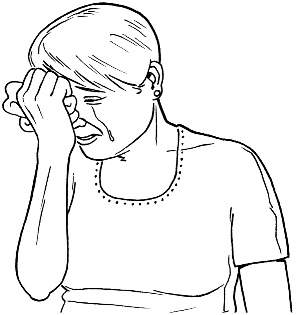
Description automatically generated

Looking after how you

are feeling

# **December 2022**

**Looking after how you are feeling**



Looking after your mental wellbeing is about taking care of how well you feel.

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If there is an emergency or natural disaster like an earthquake or flood you might feel:

* stressed
* anxious.



There are things you can do to look after your mental wellbeing.

A white and green ambulance

Description automatically generated with low confidence

If it is an emergency like someone is badly hurt call **111** for an ambulance.

A person and person sitting on a bench

Description automatically generated with medium confidenceAfter a natural disaster it is good to talk to someone about how you are feeling.

**A picture containing person, night

Description automatically generated**Some people may feel okay after a disaster.

Some people may feel okay at first but start feeling bad later.

Shape, circle, square

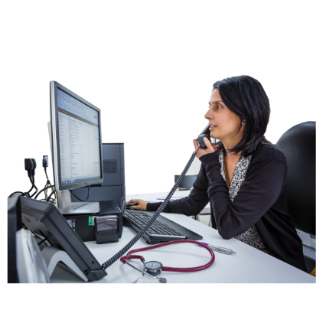
Description automatically generated

You may feel okay most of the time but get upset when something makes you think about the disaster.

A black and white drawing of two people

Description automatically generated with low confidence

You can talk about how you feel with your:



* family / friends
* Doctor.

Graphical user interface, text, application

Description automatically generated

You can also call or text a **trained counsellor** at **1737: Need to talk**.

A **trained counsellor** is someone who can help you talk about your feelings.



You can talk to a trained counsellor at **1737: Need to talk** by:



* calling: **1737**
* texting: **1737.**

**1737: Need to talk** is free to call or text.



This means it will not cost you any money to call or text **1737: Need to talk**.

This information has been written by National Emergency Management Agency.



It has been translated into Easy Read by the Make It Easy service of People First New Zealand Inc. Ngā Tāngata Tuatahi.

The ideas in this document are not the ideas of People First New Zealand Inc. Ngā Tāngata Tuatahi.

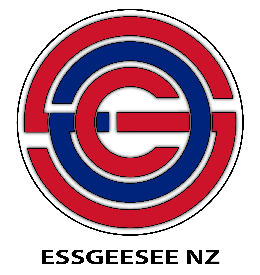
Change logo.
Change is the name of the organisation.

Make It Easy uses images from:

* Changepeople.org

Graphical user interface

Description automatically generated

* Photosymbols.com
* Sam Corliss
* Huriana Kopeke-Te Aho

A picture containing text, clipart

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