



Are you feeling upset and distressed by the news?

It is easy to become overwhelmed by the volume and frequency of distressing information and updates.

It is important to stay informed about the world around you but also try to manage your mental health during this time.



Here are tips and services that can help:

- Make sure your news sources are reputable (e.g. established news networks vs blogs or social media)
- Avoid information sources and websites that may have been distressing for you
- Limit your screen time and social media usage
- Chat with a trusted friend or family member if you begin to feel stressed or overwhelmed by what you are reading or watching

If you find that information about local or world events is having a significant impact on your mental health, consider speaking with your GP.

You can call the **Transcultural Mental Health Line on 1800 648 911** to get support from experienced clinicians who understand your culture and can communicate in your language.

For more information:

<https://www.dhi.health.nsw.gov.au/transcultural-mental-health-centre>