

Feeling overwhelmed by local and overseas events?

You are not alone

Distressing news and images can affect your health and wellbeing.

Take care of yourself:

- Follow reliable news sources
- Take a break from news and social media
- Focus on activities that support your wellbeing
 - going for a walk, doing something you enjoy, and keeping a regular sleep routine.

If you are feeling overwhelmed, reach out for help:

- Talk to someone you trust
- Speak with your family doctor
- Call Transcultural Mental Health Line:
1800 648 911 (Weekdays 9:00am to 4:30pm)
- Call Witness to War:
1800 845 198 (Weekdays 10:00am to 7:00pm)
- Call Lifeline: **13 11 14** (24 hours per day)
 - call TIS on **131 450** for language support.

For multilingual health information,
visit: www.mhcs.health.nsw.gov.au

