

## Help is always available

You can seek help from any of the following services.

### Relationships Australia SA's Ask PEACE Services

Helping people from diverse language and cultural backgrounds lead independent, healthy, and good lives in Australia.

We will help you find the service you need, within or outside our organisation.  
We work with interpreters from all language groups.

Relationships Australia SA  
1300 364 277 or 1800 182 325 (country callers)

Ask PEACE  
askpeace.org.au | (08) 8245 8110 | askpeace@rasa.org.au

### Lived Experience Telephone Support Service (LETSS)

Providing access to mental health support outside normal working hours  
(after 5.00pm).

This service is available until 11.30pm all year round. Webchat is also available.

letss.org.au | 1800 013 755

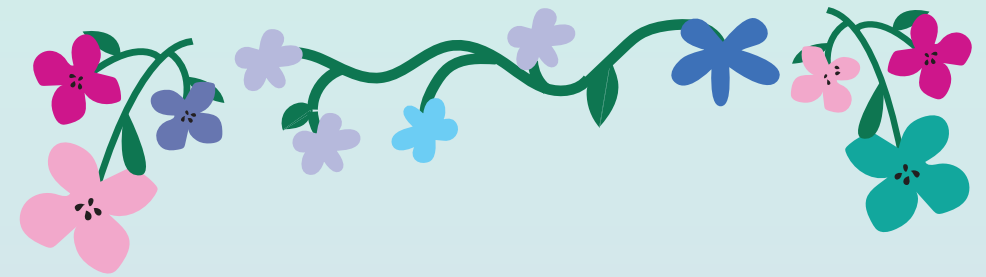
### Lifeline

Crisis and suicide prevention helpline. If you need someone to talk to.  
For anyone, anywhere, any time — just pick up the phone and call Lifeline.

lifeline.org.au | 131 114

### Your Family Doctor/Local GP

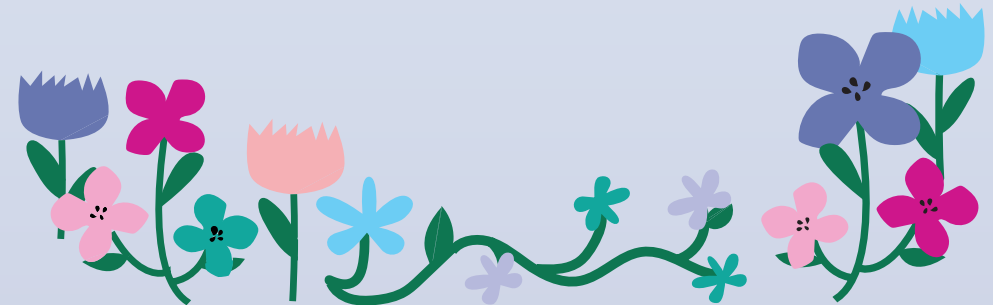
Your local doctor can assist with your family's ongoing concerns.  
They can also organise a referral to the appropriate service.



## Coping with the effect of war and/or other disasters

War and disasters can impact an entire community.  
It's normal to feel overwhelmed by these events, even from across the globe.

Taking care of your mental health and wellbeing in these uncertain times is important.



PEACE Multicultural Services is a service of Relationships Australia SA Ltd.  
SA Health has contributed funds to this service.  
www.rasa.org.au | (08) 8245 8110

Relationships Australia  
SOUTH AUSTRALIA

## What is stress, grief and loss?

**Stress** is the way we react to the uncertainty of being at risk of harm, or the concern about family and friends.

**Grief** is a feeling that individuals and families experience as they learn to live with loss. There are many forms of loss, such as losing a loved one, a house, or a job.

**Stress** and grief are natural responses to war and disasters, as well as living in long periods of tension. All can cause physical, psychological, and emotional symptoms. They can affect our ability to live normal lives.

## Natural reactions to the effects of war and other disasters vary from person to person.

Reactions could be:

- Becoming more emotional or being unable to control your emotions.
- Being irritable, depressed, anxious, or feeling helpless.
- Changes to eating and sleeping habits.
- Wanting to be around family and friends more, or losing interest in being around them.
- Not being able to concentrate or function normally at work or school.
- Wanting to hold on to the sadness but also wanting it to go away.
- Feelings of guilt.
- Losing interest in activities that we once enjoyed.

## Pay attention to young ones

Children will pick up on family concerns or may have their own fears. Parents and caregivers can help by acknowledging their concerns. Answer their questions simply and honestly. Help them feel loved and protected. Monitor children's exposure to media, especially shocking and emotional coverage.

## Coping with stress, grief, and loss

Sometimes we need help to cope with stress and grief. We can seek help from family and friends, our doctor, or a counsellor. It's also important for parents and caregivers to help children deal with their own stress or grief.

## What you can do

- Talk with family and friends about your feelings.
- Support yourself, your family and your friends by maintaining strong relationships.
- Maintain your physical health through exercise and regular meals.
- Take a break from work duties to relax and unwind.
- When working on big projects or issues, break them up into smaller tasks.
- Don't consume more alcohol or unhealthy foods.
- Talk to a doctor or counsellor.
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## When to seek help

Please seek help when you experience one or more of these symptoms:

- Your eating or sleeping habits have changed.
- You feel very distressed, anxious, or nervous.
- You feel irritated or angry more than normal.
- You feel depressed, hopeless or feel as if you can't go on.
- You have trouble concentrating, are easily distracted, and can't function normally.
- You have persistent and repeated thoughts about the same thing.
- You consume alcohol, drugs, or partake in gambling to cope.
- Your relationships with family and friends are beginning to break down.
- Your child is withdrawn, emotional or aggressive.
- Your child is having difficulties at school, with sleeping or with separated parents.
- Your child is spending a lot of time gaming online and/or on social media.