

Typical reactions to emergency

December 2019

Being affected by emergencies like the Yanchep/Two Rocks Fire can be extremely distressing. It is normal for people to feel upset, anxious and distressed. It can take time for these feelings to resolve.

Normal reactions include:

- Finding it hard to think, concentrate and remember details
- Restlessness, unable to relax
- Problems sleeping
- Muscle tension, aches and pains
- Headaches, nausea
- Feel angry, upset, sad, moody

Signs people may need further support:

- They don't seem to be coping
- They have no one to talk to
- Relationships are strained
- Changed behaviour to usual
- Emotional numbness, depression or continuing anxiety
- Difficulty feeling connected
- Difficulty managing emotions

How you can support others

- Offer support and listen
- Help with practical tasks and chores
- Give people the time, space and patience they need
- Don't try to talk people out of their reactions



For more information or support:

Australian Red Cross
www.redcross.org.au

Lifeline: 13 11 14

Beyondblue: 1300 224 636

Kids Helpline: 1800 551 800
