



**National Emergency  
Management Agency**  
Te Rākau Whakamarumarū



# 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.



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.



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



After a natural disaster it is good to talk to someone about how you are feeling.

Some people may feel okay after a disaster.



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



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



You can talk about how you feel with your:

- family / friends
- Doctor.





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**.



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