

Looking after your wellbeing, and others during storm recovery

October 2025

It's okay to feel a bit all over the place right now. You're not alone - help is available.

- Our body's natural response to threatening situations can leave us feeling rattled, on-edge, or make it hard to concentrate.
- Once we are in a position of safety, it helps to take some slow, deep breaths and remind ourselves we are not in immediate danger.
- It's also good to not be alone, or to reach out to loved ones by phone or in person if possible.
- Try to limit your use of media or social media as this can often be sensational or misleading and add to our stress levels. Stick to trusted, authoritative sources of information such as Southland District Council.

Where to get help

- Please contact your doctor or health professional, or call Healthline 24/7 on [0800 611 116](tel:0800611116) if you have any concerns about your own or others' health.
- You can text or phone [1737](tel:1737) anytime to speak to a trained counsellor for free.
- More mental health support options: <https://info.health.nz/mental-health/where-to-get-help>

A few additional ways to support your wellbeing and those around you

- Take care of basic needs — food, rest, and connection
- Listen and offer practical help where you can
- Breathe deeply and remind yourself you're safe now
- Stay connected — reach out to loved ones
- Find out more here: <https://info.health.nz/keeping-healthy/protecting-health-natural-disaster/managing-stress-in-an-emergency>.