



Community Members – Supporting Yourself and Others / Managing Change and Transition

20 March 2018

OVERVIEW

The Mr Fluffy demolition program is now well advanced and the rebuild of new homes underway. This activity may evoke feelings of stress or grief for the loss of your neighbourhood as you know it and your connectedness to the community.

NORMAL REACTIONS TO STRESS, GRIEF AND LOSS

- Sadness
- Frustration
- Anger
- Feeling overwhelmed
- Irritability
- Numbness
- Feelings of helplessness

It is important to know that for most people, these feelings usually settle over a few weeks, particularly with support from family and friends and the adherence to normal routines.

Some people may take more time to adjust to the change in their neighbourhood and may find their normal routines disrupted. These people may require additional support.

POSITIVE WAYS OF COPING

- Support one another - especially within your family, workplace and community
- Provide emotional support - comfort each other
- Share your experiences and feelings with others if this feels like the right thing to do
- Carry out practical tasks - tackle the jobs that need to be done a bit at a time and acknowledge each success
- Look after your general health and that of your family - eat well, exercise, rest and spend time with friends and family, being careful not to drink too much alcohol or use other substances

- Contact the following organisations to find out about events that promote community connectedness:
 - Belconnen Community Services - www.bcsact.com.au
 - Communities@work – Gungahlin, Tuggeranong, Weston - www.commsatwork.org
 - Community Services #1 - Inner South Canberra - communityservices1.org
 - Northside Community Services - northside.asn.au
 - Woden Community Services - www.wcs.org.au
 - YWCA Lanyon Mura - Tuggeranong - ywca-canberra.org.au/community-services/mura-lanyon-community-centre

WHEN TO ASK FOR EXTRA HELP

Sometimes ongoing feelings of distress, grief and worry can affect your physical and mental health and wellbeing. It's time to ask for help if you:

- Are having trouble sleeping
- Feel very distressed, irritable or on edge much of the time
- Feel hopeless, despairing, miserable or feel that you can't go on
- Have trouble concentrating, are distracted and cannot perform your usual tasks
- Feel your health is being affected
- Experience recurrent nightmares
- Experience new symptoms or some old problems have returned, e.g. breathing, heart or stomach problems

CHILDREN

Children may tune in to parental distress and worry. Parents and carers can help by answering children's questions honestly and acknowledging concerns and fears in an age-appropriate manner.

Remember that routine is important, particularly at times when other things, e.g. accommodation, may be changing.

For children, the following may indicate the need for professional help:

- Withdrawal
- Aggression
- Difficulty at school
- Problems separating from parents
- Problems sleeping

For more information, refer to the Mental Health and Wellbeing - Supporting Children InfoSheet - www.asbestostaskforce.act.gov.au/supporting-children.

HOW TO ACCESS HELP

Visit the Asbestos Response Taskforce website for a range of support options - www.asbestostaskforce.act.gov.au/health-and-personal-support/personal-support.

FURTHER INFORMATION

Call Access Canberra on 13 22 81 and ask to speak with the Asbestos Response Taskforce, or email asbestostaskforce@act.gov.au.

ACCESSIBILITY

The ACT Government is committed to making its information, services, events and venues as accessible as possible. If you have difficulty reading a standard printed publication and would like to receive this publication in an alternative format, such as large print, please phone 13 22 81 or email asbestostaskforce@act.gov.au.



If English is not your first language and you require a translating and interpreting service, please phone 13 14 50 and ask for 13 22 81.

If you are deaf, or have a speech or hearing impairment, and need the teletypewriter service, please phone 13 36 77 and ask for 13 22 81.

For speak and listen users, please phone 1300 555 727 and ask for 13 22 81. For more information on this service visit www.relayservice.com.au.