

# Information for Australians recently in countries affected by tsunami

People recently in countries affected by the tsunami may have experienced situations that are distressing and threatening. They may react in a variety of unusual ways following these experiences. Most people will recover with access to information and support.

The Australian, State & Territory Governments provide support to people directly affected by tragic events, in conjunction with Local Government and local community groups, churches, cultural groups, and agencies.

People who readily use formal and informal support from family, friends or other support organisations are generally found to recover better from stressful situations. Sharing the attached information with family and friends may help you, and help them to better support you.

You are encouraged to make use of your GP, clergy, 24-hour telephone help lines (these can be found on the inside cover of your White Pages) or specialist counselling and support services available by contacting the Centrelink Tsunami hotline. Recovery from exposure to traumatic events is often helped by talking it over with others - **prevention is better than cure.**

**If you require more specialised information or a referral to counselling and personal support services, please contact the Centrelink Tsunami hotline. The number to call is**

**1800 057 111**

Please keep this information even if you do not need it now. It may be useful in the future.



Australian Government

