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## COMMUNITY NOTICE

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Recent tragic events throughout the Shire have no doubt had a major effect on the entire community but particularly on close family and friends of those directly affected. We should also not forget our healthcare professionals and volunteers, and the bushfires volunteers who have worked so hard to save life and assets in these most trying of times with a number of incidents taking place over the last couple of months.

With this in mind a critical incident or potentially traumatic event is any event that has a stressful impact large enough to overwhelm your usual coping strategies. Some common emotional reactions include feeling frightened, shocked, numb, sad, guilty, frustrated, angry or helpless.

These reactions are normal, and in most cases, will gradually become less intense after a few weeks. For some people, these reactions can last longer and start interfering with their physical and psychological well-being and impact their ability to function effectively, undertake their normal work and manage their personal commitments.

Each and every one of us can be affected by these recent incidents and it is important for our mental health that if you feel the need to talk to someone regarding the experiences of the last few weeks, that you do so.

Regional Men's Health is happy to take referrals either self-referred or through the Shire or our health services and their contact number is 9690 2277 or if you make contact with us at the Shire, we will try arrange for someone to contact you.

More generalised assistance can be accessed through Rural Aid Mental Health and Counselling service on 1300 175 594 and there is also assistance available through Lifeline on 13 11 14 for crisis management and suicide prevention

All of these services including the DFES Wellness Service for volunteers are provided on a strictly confidential basis.

**PETER BENTLEY**  
**CHIEF EXECUTIVE OFFICER**

28 November 2022