



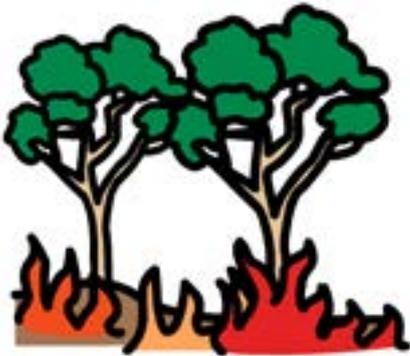
# Coping with a major personal crisis

## Emergency REDiPlan



Easy  
English

# After an emergency. Look after yourself.





## What this book is about

- How you feel after an emergency
- How to look after
  - yourself
  - and**
  - others.

The information in this book is general. It has good ideas for how to look after yourself after an emergency. It may **not** always be right for you.

Think about what is best for you. you can ask

- your family
- your friends
- a Red Cross worker.

**What is in this book.**

**Page number**



Emergency

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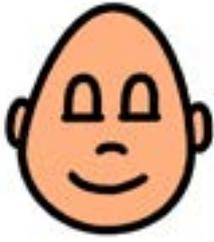
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## Emergency

An emergency is something that

- happens very fast
- you may not expect.

This can be a



- storm
- or
- cyclone



- flood. This means water from a river or lake goes over a big area of land.



- bushfire



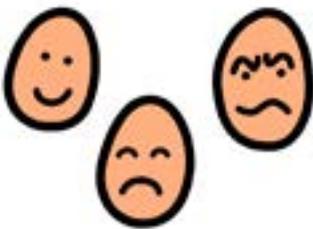
- car accident.



## How you may feel

After an emergency you can

- get hurt
  - lose your house
  - lose people you love
- or**
- see bad things. For example,  
other people get hurt.

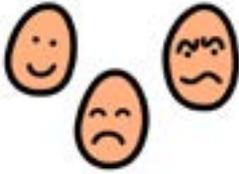


You will have different feelings.

It is ok to have these feelings. You can feel

- angry
  - happy
- or**
- scared.

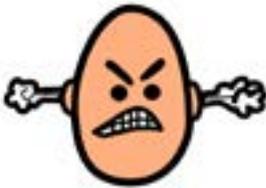
This is normal.



## Feelings you may have



**Happy.** You are glad you are alive.



**Anger.** You feel

- the emergency should **not** have happened
- it is **not** fair.



**Numb.** For example,

- you do **not** feel sad
- you do **not** feel happy
- you feel nothing.



**Shock.** You feel

- it did not really happen
- it is like a dream.



**Fear.** You feel scared that

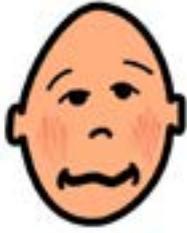
- you will be left alone
- you or someone you love
  - will die

**or**

  - get hurt.



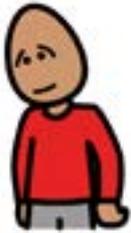
**Helpless.** You feel there is nothing you can do.



- **guilt**
- **shame**
- **and**
- **regret.**

For example,

- you could **not** help your friends
- you did **not** get hurt but other people did.



**Let down.** You may feel let down by other people.

For example, rescue workers did not save someone you love.

You need to let yourself have these feelings.

This will help you to get better.

You may feel these feelings for a long time.

You can ask for help.



## People to talk to for help



You may have strong feelings.

For example, you feel

- very sad
- very angry
- like you want to die.

**or**



You have

- no one to talk to
- problems with family and friends.

It is good to talk about your feelings.



You can talk to

- family
- friends
- a work friend
- a person from your church
- a person from your community



- your doctor



- a counsellor.

A counsellor is a person who is trained to talk to you. A counsellor talks to you about

- your feelings
- and**
- how to feel better.



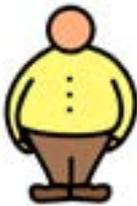
## Changes to you



### Your health

For example, you

- feel dizzy
- feel sore
- get runny poo
- vomit
- find it hard to breath
- shake.



### Your weight

For example, you

- put on weight
- or
- lose weight.



## Your behaviour

For example, you

- want **more** sex
- want **less** sex
- get angry at your family
- get angry at your friends
- drink more alcohol.



## Your sleep

For example, you may

- **not** sleep well
- feel tired all the time.



## Your memory

You may have memories of the **emergency**.

Your memories may happen in

- dreams
- flashbacks
- daydreams.

This is normal.



## Get help

Talk to



- your doctor



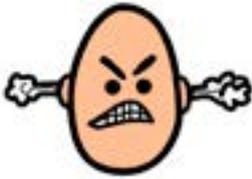
- a counsellor.



## Family and people

After an **emergency** your feelings change.

You feel stressed. This can change how you feel about your family and friends.



You may feel

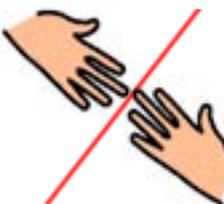
- angry
- jealous. For example,
  - you were hurt

**and**

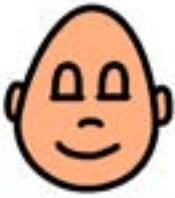
  - your friends were not hurt.



Some friends may help you.



Other friends may **not** help you.



## Things to do to feel better



Talk to people. Talk about

- how you feel
- what you saw
- what happened to you.



Spend time with your

- friends
- and**
- family.



Do not pretend the emergency did **not** happen

- Go back to the place where the emergency happened.
- Visit people who are hurt.
- Someone you love may have died.  
It will help to go to their funeral.



Do things to relax.

- spend time alone
- listen to music.



Get lots of sleep.



Try and go back to your normal life.

For example,

- go back to work
- go back to school
- play sport
- cook.



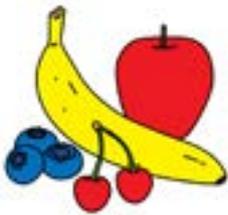
Take time to do jobs. Do not rush.

For example, if you rush cooking you can forget to turn the oven off.



Exercise. For example,

- go for a walk
- play sport with friends.



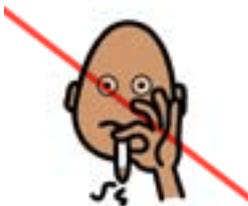
Eat healthy food. For example,

- fresh fruit
- fresh vegetables
- cook food at home



Have the same amount of

- coffee
- smokes
- alcohol.



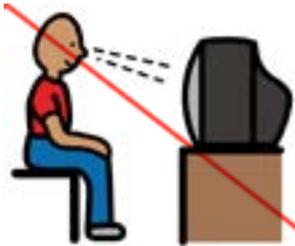
Do **not** start to use illegal drugs.



Remember to take your medication.



Drive safely.



There can be lots of news about the emergency.

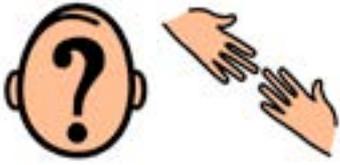
Do **not** look at this too much.

It can make you feel more sad.



Do jobs that need to be done. For example,

- cleaning up
- cooking food.



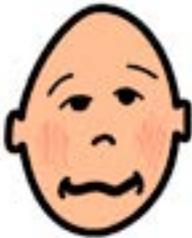
## People who may need more help



It is good to know who may need more help.

You can

- look out for other people
- ask them if they need help
- tell other people to help them.



You may have helped during the **emergency**.

This is a hard job to do.

You may think you could have done more.



Who may need more help?

People who



- live out of town.

For example, they live on a farm.

There is no one close to help them.



- do not have any friends or family near them.

For example,

– new people who just moved to Australia



– a new neighbour.



- have a disability



- only have some money



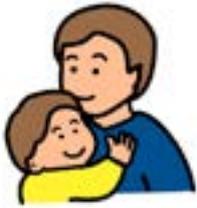
- have been hurt



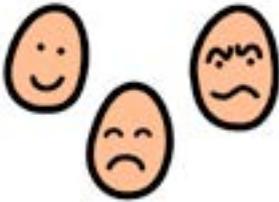
- saw someone get hurt



- know someone who died.



## Help your children



### Children

- can feel scared after an emergency
- find it hard to talk about their feelings
- may behave in a different way. For example, your child holds onto you and will **not** let go.



You can make children feel better.

- hug your child
- play with your child
- talk to your child about the emergency
- tell your child they will be ok
- let your child
  - draw
  - or**
  - write a story.

It may be about

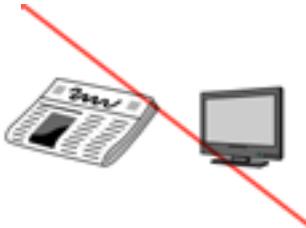
- the emergency
- or**
- how your child feels.



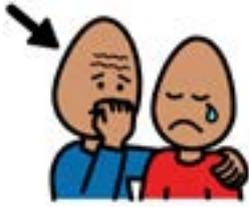
Children can sometimes overhear adults talking.  
The information may upset your child.



Talk about adult worry away from your child



Do **not** look at pictures of the emergency with your child.



If you are worried about your children you can

- talk to their teacher
  - talk to your doctor
- or**
- phone Kid's Helpline.



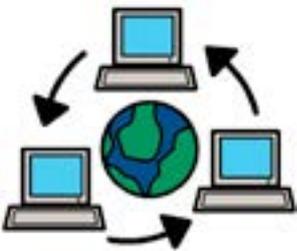
Kids Helpline give

- advice
- and**
- information

about how to help your child.



Phone 1800 55 1800



Website [www.kidshelp.com.au](http://www.kidshelp.com.au)

This book is in Easy English.

This book was developed by Australian Red Cross and the Communication Resource Centre – a service of Scope. Communication Resource Centre Scope.

Phone 03 9843 2000.  
[www.scopevic.org.au](http://www.scopevic.org.au)

You can contact the Australian Red Cross to see the original book Coping With A Major Personal Crisis.

The Communication Resource Centre Scope wrote the Easy English. August 2012. Phone 9843 2000. [www.scopevic.org.au](http://www.scopevic.org.au)

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Updated by Ruth Wraith and John Richardson, June 2008.



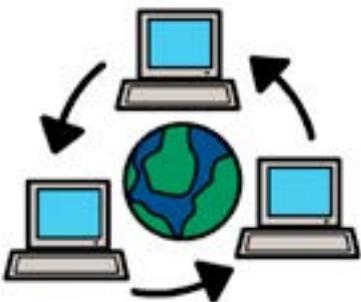
Australian  
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POWER OF HUMANITY

## More information



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