
MEDIA RELEASE
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EMBARGOED UNTIL 20th AUGUST

LIFELINE ISSUES TOOL KIT OF PRACTICAL TIPS FOR COPING WITH THE DROUGHT

Lifeline Australia has today issued a tool kit for people living in drought affected communities. The tool kit is designed to provide practical tips to assist those living in drought affected areas to care for themselves and those around them.

John Brogden AM, Chairman, Lifeline Australia said the Tool Kit has been created to provide additional support to people in drought affected communities. See Tool Kit here:

www.lifeline.org.au

“Rural people are known for their resilience, but prolonged drought can really put this to the test. Staff in our Lifeline Centres – half of which are in rural and regional locations – have identified the need for this toolkit as a way of supporting people in their communities to take care of themselves.” Mr Brogden said.

Stephanie Robinson, CEO, Lifeline Central West, said a prevailing concern was how to start the conversation:

“I’ve spoken to people in pubs, through the Centre, at the local shops. People often say ‘I don’t know what to say so I don’t say anything at all.’ But, those of us living in these communities, we know each other well. We’re in the best position to notice when the stress is getting too much.

We just need to be ready to look out for each other, stay connected, ask if we’re ok; and, if the answer is ‘No’, then know where to go get help.” Ms Robinson said

The Lifeline Drought Tool Kit aims to equip people with the knowledge and confidence they might need to start the conversation. It is a reminder to the community that they are in the position to help their friends, loved ones and neighbours.

“Through connecting with each other, noticing change in behaviour and starting conversations, everyone is in the position to help; and, when needed, support services like Lifeline’s 13 11 14 phonenumber are there.” Mr Brogden said.

Lifeline is a national charity that has been providing assistance to Australians experiencing difficulties for 55 years. The Tool Kit draws on this experience to support people to recognise and implement measures that will help to reduce stress.

Topics include:

- Approaching financial options
- Staying connected with each other
- Acknowledging change, loss & grief
- Involving children and adolescents in coping measures
- Improving wellbeing
- Managing mental health and suicidal thoughts
- Useful resources

Copies are now available on the Lifeline website www.lifeline.org.au

NB: Lifeline’s 24-hour telephone crisis line 13 11 14 is pronounced ‘thirteen eleven fourteen’

For 24/7 crisis or suicide prevention support, please call Lifeline on 13 11 14 or visit www.lifeline.org.au/gethelp.

Thank you, as always, for your assistance.

For guidelines on reporting suicide and mental health issues responsibly visit:

<http://www.mindframe-media.info/for-media>

INTERVIEWS: To request an interview, please contact media@lifeline.org.au or 0408 407 376.