

SUMMER '23



PeopleBank News

WEATHER EVENTS...

... AND YOUR HEALTH

Australians are no strangers to extreme weather events. With summer now upon us make sure you are prepared for heatwaves and bushfires by knowing who to call in case of an emergency and what your action plan is, in case you have to leave your home quickly.

Bushfires, Floods and Heatwaves

Immediate Support - For emergency help in floods and storms, call [State Emergency Service \(SES\)](#) on 132 500.
If your life is at risk, call [Triple Zero \(000\)](#) immediately.

Evacuation Centres - [Click here](#) for a list of current evacuation centres.

BUSHFIRES

- Bushfires are types of wildfire that burn through wild vegetation like woodland, scrubland, or grassland. These fires are unpredictable and difficult to control and are common during hot, dry weather.
- In the event of a bushfire, you can use the NSW Rural Fire Service [Fires Near Me webpage](#) or [Fires Near Me mobile app](#) to understand risks in your area.



FLOODS

- The [SES](#) has information on what to do in a flood warning.
- The [RMS](#) has information about road closures during floods. Ring 132 701 for the 24-hour traffic enquiry line.
- The [NSW Health Storms & Floods website](#) has information on topics including: Personal Safety & Hygiene during a flood, Drinking water, Mosquito control and What to do following a flood warning.



HEATWAVES

The [NSW Health Beat the Heat](#) webpages have a range of information and advice on preparing for a heatwave, including:

- [Preparing yourself and your home](#)
- [Staying healthy in the heat](#)
- [Babies and children in the heat](#)
- [Heat-related illness](#)
- [People at risk of heat-related illness](#)
- [Heat and COVID-19](#)



WHAT'S NEW

SUMMER IS HERE BUT ARE YOU READY TO HANDLE THE HEAT?

The summer months are meant to be enjoyed, but hot weather can also bring with it a risk to health, particularly for the very young and elderly. SNHN has just launched a community campaign which is focused on staying well during in the hotter months. Visit [Are you ready to handle the heat?](#) for summer health information.



safeTALK SUICIDE ALERTNESS WORKSHOP

This is a free half-day training session that assists you to be become a suicide-alert helper.

The next session is being held on Monday 27 February, 2023. To book a place select your preferred session below:

- **Morning Session**
(9am-12:30pm)
- **Afternoon Session**
(1pm-4:30pm)

BUILDING RESILIENCE IN OUR YOUNG PEOPLE

Resilience is the capacity to face, overcome, be strengthened and transformed by adversity. Never before, have parents needed the skills, the knowledge and the strategies to build resilience in their children as much as they do now.

Unfortunately, the mental health of young people has been significantly impacted by the pandemic. The prevalence of symptoms of anxiety and depression has risen dramatically amongst young people and remains higher than pre pandemic levels. If there is a panacea to the adversity caused by the pandemic, then it is the building of resilience.

In this current environment, young people need support, understanding, empathy and encouragement from caring adults. Teaching them the skills to build resilience will enable young people to thrive and develop healthy coping strategies. There are 7 integral and interrelated components that make up being resilient: Competence, Confidence, Connection, Character, Contribution, Coping and Control.



THE 7 CS OF RESILIENCE AND HOW TO BUILD THEM

1. Competence

The ability or know how to handle situations effectively. Encouraging children to focus and build on their strengths and give them opportunities to make safe mistakes will help them foster competence.

2. Confidence

Having a solid belief in your own abilities. It helps kids try new things and cope with challenges to make sound choices. Encourage the development of your child's personal qualities and help them strive for new goals.

3. Connection

Provides young people with an emotional safety net, where they feel safe, valued and listened to, in other words, unconditionally loved. Connection to civic, educational, religious, and athletic groups can also increase a young person's sense of belonging to a wider world. Allowing a child to express all their emotions and developing relationships with others can help build a child's connection.

4. Character

A young person's sense of right and wrong, their moral compass. It helps prepare them to contribute to the world and become stable adults. Children with character enjoy a strong sense of self-worth and confidence. Model your own values as actions speak louder than words.

5. Contribution

Enables them to have a sense of purpose and believe that the world is a better place because they're in it. Teach the importance of serving others with your time, energy and resources.

6. Coping

Learning to cope with stress effectively helps young people be better prepared to overcome life's challenges. Teaching young people from an early age about relaxation technique or mindfulness meditation provides positive and adaptive coping skills to deal with more challenging times.

7. Control

As young people learn about control they soon see how their decisions, choices and actions affect their lives. A resilient young person knows they have internal control. Encourage kids to acknowledge even their small successes and enable them to make their own responsible and safe decisions.

This is an edited extract from [SchoolTV](#) a web resource for schools, parents and students.

Article Source: From Ginsburg KR, Jablow MM. Building Resilience in Children and Teens: Giving Kids Roots and Wings. 2nd ed. Elk Grove Village, IL: American Academy of Pediatrics; 2011

CALL 1800 648 911

TRANSCULTURAL MENTAL HEALTH LINE

The Transcultural Mental Health Line 1800 648 911 operates Monday to Friday between 9:00 am and 4:30 pm.

It is a telephone service available to support people in NSW and who are from culturally and linguistically diverse communities.

Language and different cultural understandings of mental health can impact the way people access services. The Line is specifically focussed on supporting people from CALD communities to get the help they need, with a specialist team of health care professionals who speak their language and understand their mental health concern from shared cultural perspectives.

The service provides brief over-the-phone and telehealth support for callers, including in-language information for carers and family members of a person with a mental health concern.

The Line will also provide information for callers on how to access mental health care and it will be able to connect them with relevant services and community support.

Visit dhi.health.nsw.gov.au/tmhl to find out more or [download in-language information](#) about the service.

GP SOCIAL WORK SERVICE

The GP Social Work service connects patients, with chronic or complex healthcare conditions, to a social worker by their General Practitioner. The service is designed to provide short-term support for people who may need help accessing health and or support services to keep them well and out of hospital.

The services are delivered by [Primary and Community Care Services \(PCCS\)](#) in the Ryde, Hornsby and Ku-ring-gai Local Government Areas (LGAs) and [Community Care Northern Beaches \(CCNB\)](#) in the Willoughby, Warringah, Lane Cove, Pittwater, North Sydney, Hunters Hill, Manly and Mosman LGAs.

If you have a chronic or complex health condition, speak to your GP to find out if you are eligible for this service.

[>> Click here for more](#)



CLIENT TESTIMONIAL

I don't know how I would have coped without the help of the social work service when I was evicted [from my home]. The social worker advocated on my behalf when I could not. I am now living in a safe environment, and I feel much more hopeful about my future. I will be forever grateful for the care, guidance and support I received whilst with the social work service. Thank you.



Local Mental Health Services:

HEAD TO HEALTH
(Australian Government)



Find digital mental health services from some of Australia's most trusted mental health organisations.

Provided by the Australian Government, this site brings together apps, online programs, online forums, and phone services, as well as a range of digital resources.

[>> Click here for more](#)

FAMILY AND CARERS MENTAL HEALTH PROGRAM



Do you care for someone with mental health challenges?

This service provides education and training, one-to-one support, and support groups to help ensure you have the tools you need in your caring role.

[>> Click here for more](#)

SNHN COMMISSIONED SERVICES



SNHN has partnered with service providers to deliver Mental Health, Drug and Alcohol Services.

Take a look at our Guide to Commissioned Services for more information.

[>> Click here for more](#)

AFTER HOURS HEALTHCARE



Free call 1800 022 222 healthdirect for 24hr health advice from a nurse.

If your illness is serious, but not an emergency, there are services available to provide faster, more convenient care.

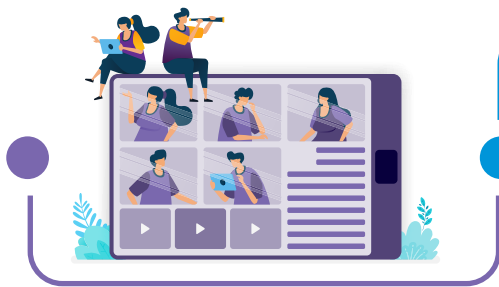
[>> Click here for more](#)

SPOTLIGHT ON:

COMMUNITY MENTAL HEALTH WELLBEING

For people who live, work or study in the Northern Sydney region and who need support in how they are feeling or have concerns with their mental health wellbeing, Sydney North Health Network provides access to a range of mental health support services at no cost.

Let's take a look at the types of mental health services and therapies that are offered:



LOW INTENSITY MENTAL HEALTH SERVICES

Low intensity therapy allows Individual or group coaching sessions with a wellbeing coach to support emotional and mental wellbeing. You can access these types of support usually in-person, or via telehealth or online with a digital coach.

Healthy Minds is a free digital health coach that can support people with anxiety and depression (low intensity).



PSYCHOLOGICAL THERAPIES

Short-term individual psychological therapies are available for vulnerable groups including people experiencing financial disadvantage, young people, Aboriginal and Torres Strait Islander people, people from a Chinese background (including in-language support), LGBTQI and women experiencing perinatal depression/anxiety.

Group therapy programs are also available.



SEVERE & COMPLEX SUPPORTS

For children, young people, and adults with severe and complex mental health conditions, Sydney North Health Network offers wraparound case management, psychological interventions and psychiatry services.

Your General Practitioner can help you navigate this support or you can contact Head to Health on telephone line: 1800 595 212 for a confidential chat about your situation.

[Click here to learn more about the Mental Health Services funded by SNHN.](#)

USEFUL LINKS

SNHN 2021/22 ANNUAL REPORT

Find out about our work in the Northern Sydney region over the past year.



FIND A HEALTH SERVICE

findahealthservice.com.au

Make sure you're seeking the most appropriate care for yourself and your family.

Emergency Departments must see people with life threatening illnesses first. If your injury or illness is serious, but not an emergency, there are a range of alternative services available which can provide faster, more convenient care.

>> [Click here for more](#)

TALK TO US

Do you live in the Northern Sydney region and want to keep up to date with local health and community news or have a question about the PeopleBank newsletter?

Simply email the SNHN Community team at Community@snhn.org.au with your request and we will be in touch.