



What's next? Life after a Natural Disaster Mental Health Education session

Natural disasters are a stressful life event

When a natural disaster occurs in your community, everything changes, often quickly and unexpectedly, and it's hard to know when things will feel normal again.

headspace Lismore and Tweed Heads are working with headspace Schools & Communities to deliver mental health education sessions to secondary schools impacted by natural disasters, to support young people to manage their wellbeing during this challenging time.

Mental health education sessions will cover:

- Understanding mental health and wellbeing
- Understanding different types of reactions after a natural disaster
- Identifying strategies to manage your feelings
- Finding local and national services and supports available to young people

For more information about the natural disaster mental health education sessions, contact the Mental Health Education Program team:

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