

Supporting people living in dry times



the power of humanity

This is a tough time for your community and ongoing challenges can lead to wellbeing issues. There are some simple things you can do to support others



You can support people by doing a few simple things. These tips are based on Psychological First Aid principles: **look**, **listen** and **link**.

LOOK

- Keep an eye out for behavioural, emotional and physical changes in people (e.g. drinking, exhaustion, anger, memory loss)
- Think about people that may not be around town as much
- Someone talking about something new or incessantly (money or family concerns, feeling responsible, frustrated with support)

LISTEN

- Give people time and space to talk
- Be patient
- Don't try to talk people out of their reactions
- Respect others' challenges even if you don't understand them
- If they don't want to talk, still show your support by spending time with them and simply being there

LINK

- Reassure that they aren't alone and asking for help isn't a sign of weakness
- Suggest accessing services
- Talk through how they can spend time with those they like being with and do things they like doing
- Offer support, practical help or help in finding information

For more information on Red Cross' work contact contactus@redcross.org.au

- Lifeline: 13 11 14 and [toolkit](#)
- Beyond blue: 1300 224 636
- Kids Helpline: 1800 551 800
- FarmHub farmhub.org.au
- Red Cross' [supporting children booklet](#)
- Red Cross' [Coping with a personal crisis booklet](#)