

## How to look after yourself

- Talk to someone you trust about your problems
- If possible get someone to care for your children to give you a break
- Eat healthy food
- Do not skip meals
- Try to get enough sleep
- Try not to get too tired
- Avoid late nights

## What to do if you don't feel safe

If you do not feel safe ring 000 and ask for the police. If you do not speak English or prefer to speak in your native language, you can ask for an interpreter.

## Speaking to a doctor or health professional

The best way to get help is by speaking with a doctor. Remember, you can always see another doctor or another clinic if you feel uncomfortable speaking to your family doctor. A person can usually get free or low cost health treatment if they have a Medicare card.



To find out if you can receive a Medicare card, visit a Medicare office with your passport, or call Medicare on 132 011 (free call). They can provide you with a translator if you need one.

## Everyone should feel safe, healthy and happy at home and in the community

If you feel like you are in danger, there are people to help and assist you and your family.

### Where to find help

The safety of you and your children is the most important thing.

### Call the police if you are in danger

**Emergency – 000 (free call)**

You can ask for an interpreter.

### Family problems

InTouch Multicultural Centre Against Family Violence

**Call 03 9413 6500**

National Sexual Assault, Family & Domestic Violence Counselling Line

**24 hours:  
1800 RESPECT or  
1800 737 732**

### Health information in your language

Multicultural Centre for Women's Health

**Free call 1800 656 421**

### Interpreter service

**Free call 13 14 50**



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# How to look after you

All women, from all cultures have difficulties sometimes and need some help.



Women can feel like they have a lot of pressure. Pressure easily leads to stress and anxiety.



### What can cause pressure?

- Caring for your children
- Family problems including between you and your partner
- Migrating to another country
- Waiting for a Visa to be approved
- Your husband/partner leaves you
- Missing your family and home
- Having money problems

### What pressure can feel like:

- Always tired
- Not hungry or eating a lot
- Unable to sleep
- Pains in your body
- Headaches
- High blood pressure
- Stomach pains

It is important to remember that all women feel pressure at some time in their lives.

### Depression

Depression is more serious than pressure; it is a deep feeling of sadness, hopelessness and a lack of interest in life. It can continue for some time.

#### You may:

- Not feel like going out anymore
- Feel sick and run down
- Want to stay away from family and friends
- Have headaches and muscle pains
- Feel tired all of the time
- Feel sad and feel like crying
- Have problems remembering things
- Not get things done
- Have sleeping problems
- Not feel like eating
- Think you can't do your job
- Have pains in your stomach

#### You may have thoughts like:

“It's my fault”

“Only I have these problems”

“I am not a good mother”

“I am not a good person”

“Nothing good ever happens to me”

“Life's too hard”

“There is no way out”

“Things will never change”

### What you can do

Depression is a serious condition and needs to be helped by a doctor or health professional. Depression may get worse if you do not get help from a doctor you trust.

If you have a Medicare card you can ask your doctor for a Mental Health Care Plan. This means that you will be able to see someone who will be able to assist you at this difficult time.

### Caring for children

Children don't always show or talk about the pressure they are feeling so you may see a change in their behaviour.

### Children may show pressure by:

- Being very quiet
- Wetting the bed
- Being very active and sometimes not listening to you
- Not sleeping or wanting to sleep in the bed with you
- Wanting junk food
- Not putting on weight
- Not wanting to eat good food
- Fighting with their brothers and sisters
- Not doing well at school

### What you can do

- Ask them what they are feeling
- Give them lots of cuddles and hugs
- Give them good food to eat
- Cut out foods with lots of sugar
- Take them out each day to play
- Tell them that things are going to get better
- Remind them how much you love them
- Ask your doctor if it would be good for them to see someone who can help them