

BIRD FLU & You

Caring for wildlife
can take a toll on you too



You may feel

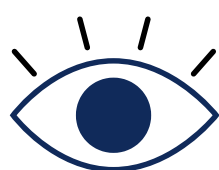
sad • angry • helpless • anxious • exhausted • numb

Bird flu can mean making hard triage and euthanasia calls, working under sustained biosecurity and PPE pressure, not knowing when an outbreak will start or how long it will last – on top of watching populations you've worked for years to protect suffer loss.

These can be understandable responses to difficult and distressing work

The ARC approach sets out a simple way to look after yourself

A



AWARE

Notice how you're going

Changes in your sleep, mood, concentration, energy or behaviour can be signs the work is affecting you.

You don't have to wait until you're overwhelmed to act

R



RESPOND

Take action early

- Take breaks and rest
- Step away from distressing tasks.
- Do things outside work that restore you.

Caring deeply doesn't mean you have to carry all of it

C



CONNECT

Don't carry it alone

Talk with colleagues, your manager, friends or family. Ask for support early if you need it.

You are not alone. We are stronger when we connect

Managers – check in with your team, don't wait for someone to ask

If these feelings are intense, ongoing, or getting in the way of daily life – reach out for support sooner rather than later.

NEED SOME SUPPORT ?



Talk to your manager about your employee assistance program
Visit your GP for a mental healthcare plan

WILDTALK

Free confidential counselling for people working with wildlife.

1300 945 382

LIFELINE

24 / 7 Crisis Support

13 11 14

BLACK DOG INSTITUTE

Mental health information and resources.

blackdoginstitute.org.au

If you or someone you know is in immediate danger, call 000

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