

# The first weeks

## How to help yourself



### KEEP UP ROUTINES

Eat normally, exercise, get out of the house and walk to the shops or take the children to the park. Do whatever you usually would as much as possible.

Practice self-care; it's okay to look after yourself, and your children will benefit if you do.

### ASK FOR HELP

Let yourself cry – it is okay not to be strong all the time. Reach out to trusted family and friends. Talking things through can help you get through this time.

Visit your local community centre to see what support is available, or try calling a phone hotline.

If you feel like you're not coping, visit your local GP/medical centre and ask for their support.

### GET INFORMATION

Most people find that the more information they have, the less they worry.

Reach out to local services and organisations such as **SHINE for Kids**, join prisoner family support groups online and get practical information about how to arrange visits, phone calls, money transfers and other information by visiting the website for Corrective Services in your state.

