



**FIRE
EMERGENCY**

NEW ZEALAND

A FIRE AND EMERGENCY
NEW ZEALAND **WEBINAR**

AFTER THE CYCLONE

TUESDAY 28 MARCH, 7:00PM - 8:30PM



**PRESENTER
ELLE CRADWICK**

*Mental Health Educator,
Big Chats Ltd.*



**MODERATOR
GAM GRYLLES**

*Senior Specialist, Medical Response
Tohunga Matua, Whakautu Hauora*

Cyclone Gabrielle took a lot from many of us, and we can't write you a prescription for how to think, feel and act right now. So what shapes can grief & loss take? What's 'normal' after an emergency? What if the wheels are falling off? And is it OK if you're doing OK right now?

Learn about grief and loss, about how the brain responds after a significant event, what resources are available to help you navigate the impact of the cyclone or other events, and take the opportunity to ask the panel questions.

Presented by Elle Cradwick

Kia ora, nō Ingarangi ahau, engari, kei Ōtautahi taku kāinga ināianei. Ko Tangata Tiriti ahau, Ko Elle Cradwick tōku ingoa.

Elle has a background in psychology (MSc) and suicide prevention & postvention, as well as in the mental health innovation space with Big Chats. As a mental health professional she is particularly interested in supporting the professionals and community members of people going through tough times by providing education, resources and advice on relevant topics. Her presentation style is interactive, engaging, and centered in practical tools participants can implement in their professional and personal lives.

A panel will be available to discuss both psychological support and financial support options and how these services can be accessed.

REGISTRATIONS REQUIRED

Use the link:

<https://tinyurl.com/FENZATC>

