

A portrait of a smiling woman with curly brown hair, wearing a blue top and a necklace. She is positioned on the right side of the image.

STAYING

HEALTHY IN

AUSTRALIA



NSW
GOVERNMENT



Introduction

Living and working in Australia is a big change. To help you enjoy your time here, it is important to look after yourself and stay healthy.

Being healthy is about eating good food, moving your body and looking after your mind and how you feel.



**Eating healthy food
keeps you strong
and healthy.**



Eating healthy

Healthy foods are foods like fruits, vegetables, rice, taro, and fish. Frozen or canned fruit or vegetables can be a good option if you can't get fresh fruit and vegetables. These foods give your body the energy it needs to work hard and feel good.

Fast food like McDonald's, KFC, or pizza is okay to eat sometimes, but not every day. These types of food are high in salt, fat and sugar. These foods should be eaten only sometimes and in small amounts because too much of them can make you tired or sick over time.

Drink water instead of soft drinks or energy drinks

– water is best for your body and helps to keep your teeth healthy. The tap in Australia water is safe to drink. It may taste different to the water that you are used to drinking in your home country.

Eating healthy and drinking water helps you stay healthy and strong. You can find more information online here
[**www.healthyliving.nsw.gov.au**](http://www.healthyliving.nsw.gov.au)



Staying clean shows respect for your body and helps stop the spread of germs.



Staying clean

Keeping clean stops sickness and keeps you healthy. Here are some easy ways to stay clean:

Wash your hands with soap often, like every time you use the toilet, before you eat, and before and after work.

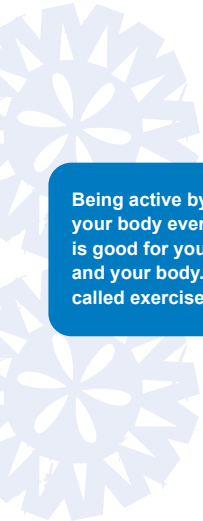

Brush your teeth every morning and night. Brushing your teeth should take at least 2 minutes. Drinking Australian tap water is safe and helps keep your teeth healthy.

Have a shower or bath every day to wash away sweat and dirt. Dry yourself well after your shower or bath.

Change your clothes every day to stay clean and fresh.

Wash your towels once a week. Wash your bed sheets every 1 or 2 weeks.

Keep your bathroom clean Clean your shower, toilet and sink every week. A clean bathroom helps keep your body clean too.



Being active by moving your body every day is good for your mind and your body. This is called exercise.



Moving your body

Exercise helps you feel happy, sleep better, and keeps your heart strong. It can stop sickness like diabetes or heart problems.

You can do things you enjoy like walking or playing sports with friends. Adults should exercise most days. It is important to do five hours of exercise each week.

Even if you move your body at work, it is still good to exercise in your free time. Work and exercise use your body in different ways.





**Mental health is how
you feel in your head
and heart.**



What is mental health?

Mental health is how we think, feel, and act. Sometimes we feel good, and sometimes we don't. This can change over time.

When our mental health is good, we can handle our feelings, think clearly, and get along with other people.

Looking after your mental health could mean talking to friends, getting enough rest, praying, or doing things you enjoy.

Remember, it is okay to ask for help if you feel worried or sad. Good mental health helps you feel strong and happy.

Sometimes, you might feel sad or miss home – this is called homesickness.



Feeling homesick?

It is normal to feel homesick when you are far away from your home country, family, friends, food and community. Calling or messaging family or friends back home can help you feel better.

Keep busy with sports, music, religious activities or spending time with community. If it gets too hard, talk to someone like your team leader, a friend, trusted community member or nurse.



If you feel sad, worried,
or lonely, there are free
services that can help.



Mental health help in NSW

Lifeline Call Lifeline on 13 11 14 anytime for free support.

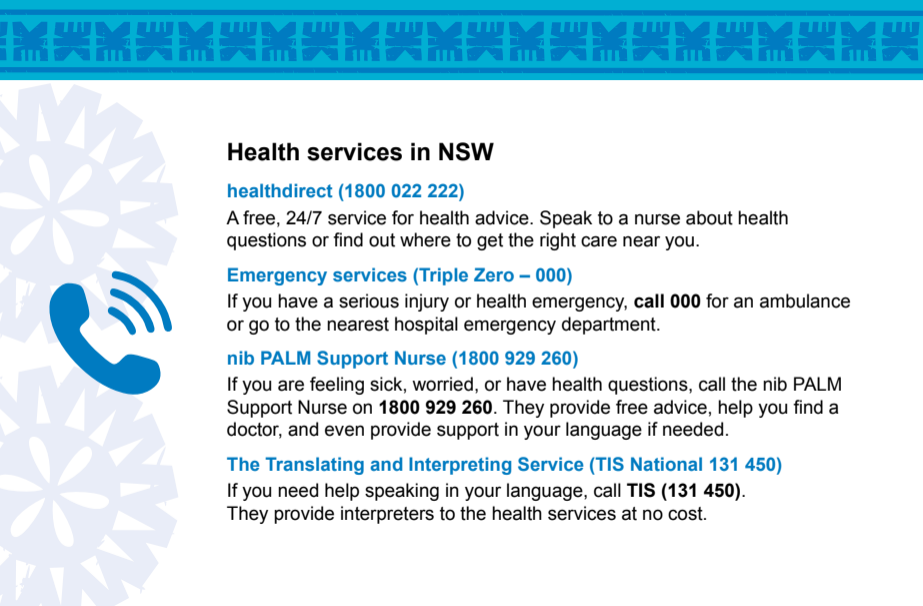
NSW Mental Health Line Call **1800 011 511** to speak to someone about how you feel.

NSW Mental Health Line **1800 011 511** to speak to someone for support.

Beyond Blue Call Beyond Blue on **1300 224 636**. They can help if you feel sad or homesick. Help is free, private, and always there for you.

If you need help speaking in your language, call the Australian Translating and Interpreting Service (TIS) on 131 450, before calling the service. TIS provides interpreters for free.





Health services in NSW

healthdirect (1800 022 222)

A free, 24/7 service for health advice. Speak to a nurse about health questions or find out where to get the right care near you.

Emergency services (Triple Zero – 000)

If you have a serious injury or health emergency, **call 000** for an ambulance or go to the nearest hospital emergency department.

nib PALM Support Nurse (1800 929 260)

If you are feeling sick, worried, or have health questions, call the nib PALM Support Nurse on **1800 929 260**. They provide free advice, help you find a doctor, and even provide support in your language if needed.

The Translating and Interpreting Service (TIS National 131 450)

If you need help speaking in your language, call **TIS (131 450)**. They provide interpreters to the health services at no cost.

Health services in NSW

General Practitioners (GPs)

A local doctor who can help people with many health problems. A GP is the best person to see for small emergencies like sprains, strains, or minor infections.

Call healthdirect on 1800 022 222 to find a GP near you.

Pharmacy

A pharmacy is a place that you can buy medicines and other health items. A pharmacist (sometimes called a chemist) is a health expert who can give you the medicine you need.

Some pharmacists can give you doctor certificates or “sick sheets”. Getting a sick sheet from a pharmacist may cost money so always ask if there is a cost. A pharmacist can also tell you if you need to see a doctor.





Helpful websites

Get Healthy Service

<https://www.gethealthynsw.com.au>

Free phone and online health coaching to help you reach health goals.

The phone line is open Monday to Friday 8:00am to 8:00pm and Saturday 9:00am to 5:00pm. **Call 1300 806 258**

NSW Council of Pacific Communities

<https://www.nswpcc.org.au>

Support and resources for Pacific Islanders in NSW.

The Salvation Army

<https://www.salvationarmy.org.au>

Help with food, housing, and financial support in NSW.

Sexual Health Infolink

For more information and support about STIs, HIV and contraception.

Call 1800 451 624 or visit *<https://www.shil.nsw.gov.au/palm-scheme>*

