

Looking After Your Wellbeing After a Privacy Breach

We understand that learning your personal information may have been involved can be upsetting. This handout is to support your wellbeing and help you know how to look after yourself.

It's normal to feel this way

A privacy breach can affect people in different ways. You may experience:

- Worry or anxiety about how your information might be used
- Anger, frustration, or loss of trust or control
- Feeling unsettled or distracted
- Trouble sleeping or concentrating

These reactions are normal and understandable.

Looking after your emotional wellbeing

- Talk with someone you trust about how you are feeling
- Limit how much time you spend reading about the breach if it increases anxiety
- Stick to routines that support your wellbeing e.g. physical exercise, social connection, gardening, crafts, cooking, taking part in usual club/group activities
- Use calming strategies such as breathing exercises or grounding techniques
- Contact your local health provider if you continue to feel distressed or are feeling overwhelmed and need additional support. You do not have to deal with this alone.

Free support services (Aotearoa New Zealand)

- 1737 – Call or text 1737 to talk with a trained counsellor, free, anytime
- Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)
- Mental Health Emergency Team 0800 467 846
- An Access and Choice team may be available in your General Practice. A Health Improvement Practitioner and Health Coach can offer free 30min appointments to support your wellbeing, call your General Practice reception to book an appointment or visit <https://wellsouth.nz/your-health/mental-health-and-wellbeing/toku-oranga-access-and-choice> for more information and support.
- If your General Practice does not have an Access and Choice team, ask your healthcare provider to submit a Brief Intervention Service referral for additional wellbeing support. If you are affected by the breach, you will be prioritised for this service.
- for more helpful resources please visit <https://mentalhealth.org.nz/>

Keeping yourself safe online

If you are interested in learning more about how to stay safe online, visit <https://healthify.nz/assets/Apps-library/updated-Privacy-and-security-tips-when-using-health-apps-Healthify-info-665x443-2.pdf>

More information

Contact your healthcare provider if you need wellbeing support
Any questions about the information breach, contact Manage My Health
info@managemyhealth.co.nz, [FAQs - Cyber Breach](#) | [Manage My Health](#)