

# 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.

## Talk to someone

**Our Access and Choice team can help.**

A Health Improvement Practitioner and Health Coach can offer **free** 30min appointments to support your wellbeing.  
Call reception to book a free appointment.

## Helplines

There are many other resources and helplines.

- 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
- For more helpful resources please visit [www.mentalhealth.org.nz](http://www.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](mailto:info@managemyhealth.co.nz), [FAQs - Cyber Breach](#) | [Manage My Health](#)