

# 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

- You will have received an 0800 number when notified of being involved in the breach. This number provides a range of support.
- You can also talk to us about a Brief Intervention Service referral for additional wellbeing support. If you are affected by the breach, you will be prioritised for this service.

## Other helplines and resources

- 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
- Other helpful resources are at [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**

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](#)