

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 from Manage My Health when notified of being involved in the breach. This number provides a range of support.
- You can also seek support from Student Health. Phone 0800 479 821 to make an appointment.

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 - [Mental Health Foundation](#)

Keep yourself safe online

[Learn more about how to stay safe online.](#)

More Information

Any questions about the information breach, contact Manage My Health info@managemyhealth.co.nz

[FAQs - Cyber Breach | Manage My Health](#)