

Mental Health Disaster Recovery Program



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The recent Queensland floods and cyclones significantly affected the emotional well-being of many Queenslanders.

The Mental Health Disaster Recovery Program provides a comprehensive range of integrated community-based services. The purpose of the Program is to empower and support individuals to recover from the recent natural disasters, and to help communities to build resilience.

In most cases, the initial emotional distress resulting from the disasters will gradually settle. However, some people may still be experiencing emotional reactions.

Stress can bring on behavioural changes and these reactions may become severe enough to affect the person's personal and family life or work. In some cases, people may find the disaster has caused an exacerbation or recurrence of prior symptoms.

Assistance for people who are having difficulty can be short-term or longer-term, according to need.

What assistance will be provided?

Emotional well-being and mental health support services are available for disaster-affected individuals and communities. Support includes:

- Personal support through individual and group counselling services.
- Recognising the early signs of psychological distress.
- Resources and advice about supporting family, friends and neighbours.
- Where to go to get help.
- Practical mental health information.

Cont'd Overleaf

Not-for-Profit Health and Human Services

Community Health

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What assistance will be provided? (Cont'd)

- Support to access other agencies and connect to community networks.
- Assistance with developing independent living skills.
- Establishing social links and accessing recreational activities.

These support services are delivered in collaboration with general practitioners, allied health providers, schools, public mental health services, private psychologists and psychiatrists.

Contact Details

Brisbane and West Moreton

Darra, Sumner Park, Oxley, Rocklea, West End, Yeronga
Goodna, Ipswich, Gatton, Laidley, Esk, Somerset

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We get up again



*Although funding for this project has been provided by both the
Australian and Queensland Governments,
the material contained herein
does not necessarily represent the views or policies of either Government.*

Ozcare is a quality certified organisation and has met the requirements
of the International Standards Organisation (ISO 9001 : 2008)

