

Many people experience one or more of the items below following a traumatic event. It is common for distress to last for a few weeks. If distress is continuing to impact you or your family, then the Disaster Recovery Team may be able to help.

Infants to adolescents common responses

- More clingy / difficulty separating (e.g. when leaving for kindy/school)
- Reduced appetite / fussy eating
- Increased tantrums / outbursts
- Sleep problems
- Withdrawing from others / socially isolating
- Changes in behaviour
- Difficulty concentrating (e.g. homework, play)
- Difficulty relaxing
- Skill loss (e.g. toilet skills)
- Feeling frequently sad, angry or upset
- Unexplained physical problems such as repeated headaches / stomach aches.

Adults common responses

- Short tempered / having more arguments
- Sleep problems or feeling excessively tired
- Forgetful
- Headaches / stomach aches / gastro issues
- Constantly worrying / repeated thoughts
- Increased alcohol or drug / medicine use
- Feeling helpless or hopeless
- Feeling disconnected from other people
- Feeling numb
- Relationship issues
- Difficulty concentrating
- Low mood
- Difficulty relaxing
- Not doing activities you usually like doing
- Avoiding things that remind you of the event
- Repeated distressing thoughts of the event.

Contact details

Disaster Recovery Team

Townsville Hospital and Health Service
PO Box 670, Townsville QLD 4810

Phone: (07) 4433 8378

Fax: (07) 4433 8101

TSV-MH-Disaster-Recovery@health.qld.gov.au

Monday to Friday, 8am to 4.30pm (excluding public holidays)

Afterhours: Acute Care Team provides 24/7 specialist mental health crisis care and support. Phone 1300 MH CALL (1300 64 2255).

Proudly funded by the Australian and Queensland Governments through the Disaster Recovery Funding Arrangements.



Australian Government



Queensland Government

Townsville Hospital and Health Service

The Townsville Hospital
PO Box 670, Townsville QLD 4810
Ph: (07) 4433 1111

Published by Townsville Hospital and Health Service
www.health.qld.gov.au/townsville



© The State of Queensland (Townsville Hospital and Health Service) 2019,
creativecommons.org/licenses/by/3.0/au

Townsville Hospital and Health Service

Disaster Recovery Team

Psychological support following the 2019 major flood event



Queensland Government

An Unprecedented Event

The flood event of 2019 had a significant impact on individuals, families, communities and businesses.

The effects of the extraordinary event continues to impact people, long after the initial event has passed.

The Disaster Recovery Team support anyone either directly impacted by the event (e.g. people flooded, displaced or traumatised by the event) as well as people indirectly affected (e.g. Those who have, or continue to, help and support others affected, small business owners, volunteers etc).

How can the Disaster Recovery Team help?

Many people recover after such events with their existing supports. However some people require further specialist support to overcome the continuing distress and impact on their wellbeing.

The Disaster Recovery Team provide specialist approaches, education, linking to other services and supports to assist people in overcoming the ongoing distress and negative impact on their wellbeing.

What services are provided by the Disaster Recovery Team?

The team provide a range of services including:

- Education on wellbeing and recovery after the event
- Techniques and strategies to help when feeling distressed or overwhelmed
- Information on common reactions and responses during and following traumatic events
- Specialist therapy
- Support and debrief for workers, volunteers and organisations that have been impacted in the course of supporting people during and after the event
- Strategies to support psychological preparedness resilience for anniversaries of events and potential future events
- Connection with relevant services that may assist i.e. other services and agencies.



How can I contact the Disaster Recovery Team?

You can contact the team directly using the details on the back of this brochure or you can visit your GP and ask to be referred.

Who will deliver these services?

Support is provided by:

- Mental Health Nurses
- Social Workers
- Aboriginal and Torres Strait Islander Health Workers
- Child and Youth Mental Health Workers
- Psychiatrists.

The team have extensive experience in supporting people after traumatic events and aim to work collaboratively with people and organisations to help individuals, families and communities recover.

Where will the services be delivered?

The team is flexible to individual needs and can provide services in people's homes, community facilities and offices. We can also meet with community groups and organisations.

What does the service cost?

The service is provided free of charge.