

Are you disaster ready?

Extreme weather events can happen at any time of year in Queensland and can impact you and your family and damage property. These events may include severe storm, flood, cyclone, earthquake or bushfire.

We can't control the weather, but we can prepare.

Before a disaster, check you have:

- ✓ an emergency plan for you and your family, including a plan for your pets
- ✓ a list of emergency contacts
- ✓ current insurance
- ✓ packed an emergency kit.

For more information and tips on preparing for disaster, visit www.getready.qld.gov.au

Where to get help after a disaster

Emotional and practical support is available from government and not-for-profit organisations for people affected by disaster.

Personal support and counselling

It's common to experience a range of emotions after a disaster. Personal and practical support is available if you are experiencing emotional distress or struggling to cope.

Seek help if you, a family member or friend:

- experience emotional or psychological stress
- feel tired, irritable or notice changes in your appetite or sleep patterns
- notice behaviour changes such as increased use of alcohol or other drugs or withdrawal from others
- just need someone to talk to.

Personal support and counselling contacts

- Lifeline Australia (counselling) – **13 11 14**
- Australian Red Cross – **1800 733 111**
- St. Vincent de Paul – **13 18 12**
- Queensland Health – **13 HEALTH (13 43 25 84)**
- Housing Assistance – **13 QGOV (13 74 68)**
- State Emergency Service (SES) – **13 25 00**
- Community Recovery Hotline – **1800 173 349**

To find contacts for local and general community support services available in your area, visit www.qld.gov.au/disasterhelp and search for 'regional community support'.

Financial assistance

Financial assistance and support services may be available if you have been impacted by a disaster.

Assistance provided through the jointly-funded Commonwealth-State Disaster Recovery Funding Arrangements (DRFA).

Grants*

- ✓ **Emergency Hardship Assistance** – for people in activated disaster areas to help with the immediate and urgent needs such as food, clothing, and medication.
- ✓ **Essential Household Contents Grant** – to help people in activated disaster areas who are uninsured or unable to claim insurance to replace essential household contents.
- ✓ **Essential Services Safety and Reconnection Grant** – for people in activated disaster areas to help reconnect essential services such as electricity, gas, water, sewerage or septic systems.
- ✓ **Essential Services Hardship Assistance Grant** – supports people directly impacted by a disaster to meet immediate needs when one or more essential services is lost for more than five days.
- ✓ **Structural Assistance Grant** – for people in activated disaster areas to help repair their homes and make them secure and safe to live in.

*Eligibility criteria apply

To find out which grants are available in your area and check your eligibility, visit www.qld.gov.au/disasterhelp

More information

The Queensland Government offers an interpreter service to provide information about disasters, grants or support in your language.

Call **1800 512 451** and ask for an interpreter in your preferred language or call the Community Recovery Hotline on **1800 173 349**.

