



BETTER MENTAL HEALTH - DISASTER AND RECOVERY

Jointly funded by the Australian and Queensland Governments under the Disaster Recovery Funding Arrangements

A FREE ONE-DAY SEMINAR AVAILABLE ACROSS SOUTH EAST QUEENSLAND IN FIRE AFFECTED COMMUNITIES, TO ASSIST RESIDENTS TO PREPARE FOR AND RECOVER FROM DISASTERS

1300 785 646 | www.stjohnqld.com.au



Course Overview



Natural disasters such as bushfires, while a natural part of life in Australia, can exact a heavy toll on the community, not just in terms of damage to property, infrastructure and physical health of community members, but also to their mental health and wellbeing.

The aim of this workshop is both build resilience among community members, and to help them identify and provide support to those who may be suffering common mental health problems which may result from the trauma associated with natural disasters, including post-traumatic stress disorder, depression, anxiety and substance use disorders.

Participants will learn how to identify people who may be suffering from mental health problems, provide initial support and refer to professional services where appropriate. Participants will also learn about the characteristics of psychological resilience, and how to build those characteristics in themselves.

Please note this webinar is not a therapy or support group. Participants who are experiencing distress are encouraged to contact their GP or call 000.

“The course was great, it dealt with relevant issues and I feel well prepared to help anyone in crisis”





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Course Content

- Responding to psychological trauma after a natural disaster
- Common mental illnesses related to traumatic events:
 - o Post-traumatic stress disorder
 - o Anxiety
 - o Depression
 - o Substance use disorders
- Identifying and responding to suicidal thoughts and behaviours
- Building psychological resilience

Course Delivery

Course duration is 7 hours delivered face-to-face in a single day, or two 3.5-hour sessions via webinar over two days. The course is delivered by St John Queensland facilitators who are accomplished communicators and have extensive experience delivering mental health and wellbeing courses.

Course Outcome

Participants will receive a Certificate of Participation.
There are no assessment requirements for this workshop.

Course Questions?

If you have any questions or require more information, please contact David Martin, Sales and Service Manager 1300 ST JOHN (785 646) or 0407 173 981 or david.martin@stjohnqld.com.au

