



SOLAS Mental Health Community Recovery Program

The Queensland natural disasters have significantly affected the emotional wellbeing of many Queenslanders.

The SOLAS Mental Health Community Recovery Program (SMHCRP) delivers a range of integrated community-based services to help build resilience, and empower and support individuals and communities to come to terms with and recover from the Queensland natural disasters. It provides emotional wellbeing and mental health support services to disaster affected individuals through:

- Practical information, resources, and advice about supporting family, friends and neighbours.
- recognising the early signs of psychological distress and where to get help.
- Personal support through individual and group counselling activities.
- Support to individuals to develop and maintain knowledge and coping skills that promote resilience, preparedness and community capacity.

Eligibility Criteria:

- Be 15 years of age and over.
- Live in the Hinchinbrook or Palm Island regions.
- Have experienced psychological distress during and/or following the 2010/2011 Queensland natural disasters.
- People with pre-existing mental illness and their carers who have been impacted on by these natural disasters.

Referrals to SMHCRP can be made from individuals, families and community members and from government and non-government agencies.

For more information please contact the Community Recovery Worker on:

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