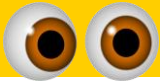




# Here for students



## THINGS YOU MIGHT NOTICE

Everyone will experience and process major events differently however, there are some common cognitive and behavioural reactions you can watch out for.

- ❖ Anger
- ❖ Confusion
- ❖ Feeling overwhelmed
- ❖ Feeling guilty
- ❖ Nervous and worried
- ❖ Feeling nauseous
- ❖ Denial
- ❖ Tired and exhausted
- ❖ Lack of motivation
- ❖ Generally blue/down
- ❖ Sadness or grief

**All responses are normal when reacting to trauma and are in no way an indication of weakness. Don't be afraid to seek help and assistance.**



## EMOTIONAL-WELLBEING SUPPORTS

- ❖ Beyond Blue: 1300 22 4636
  - ❖ Lifeline: 13 11 14/
  - TEXT: 0477 13 11 14
  - ❖ Mensline: 1300 78 99 78
  - ❖ Suicide Call Back Service: 1300 659 467
- ❖ Red Cross/Emotional Support: 1800 733 276
- ❖ Qlife Australia Wide LGBTQI+ Support: 1800 184 527
  - ❖ Connect to Wellbeing (NSW) 1300 160 339
  - ❖ SCU Counselling: 02 6626 9300
  - ❖ SCU Equity & Inclusion(Disability): 02 6626 9514
  - ❖ SCU After Hours Crisis Support Line: 1300 782 676/
  - TEXT: 0488 884 143
  - ❖ NDIS Participants Support: NDIS Support



## FINANCIAL SUPPORTS

### QLD/NSW

- ❖ QLD Community Recovery Portal/  
1800 173 349
- ❖ Services Australia Disaster Support
- ❖ Red Cross Emergencies/Grants
- ❖ Salvation Army Emergency Relief:  
1300 371 288

### NSW

- ❖ Services NSW Disaster Support  
NSW Disaster Relief  
Grants/payments:  
13 77 88/180 22 66
- ❖ St Vincent De Paul Disaster Relief  
13 18 12 (NSW)
- ❖ scuassist@scu.edu.au (email for 1  
off payment)



## HOUSING/ACCOMMODATIONS SUPPORTS

- ❖ Link2Home (NSW): 1800 152 152
- ❖ Connecting Home (NSW): 1800 048 310
- ❖ Service NSW: Emergency Accommodation: 13 77 88  
Temporary Housing Support Package
- ❖ Service NSW Rental Support Scheme  
Floods Rental Support Scheme
- ❖ QLD Community Recovery Hotline: 1800 173 349



# Here for Students

- ❖ **QLD Community Recovery Portal:** Offers financial, emotional support, info and referral to people in QLD who have been affected by floods
  - ❖ **Services Australia Disaster Support:** Disaster Recovery payment/ allowances and help for people directly affected by floods
    - ❖ **Red Cross Grants:** \$500 cash grants for impacted households, applications open Friday 18<sup>th</sup> March
    - ❖ **Salvation Army:** Assistance with food, hardship grants, clothing, wellbeing
    - ❖ **Services NSW:** Various disaster payments
  - ❖ **St Vincent De Paul:** Assistance with food, clothing, wellbeing, financial assistance up to \$3000, for flood-affected residents (NSW)
    - ❖ **SCU ASSIST:** One off financial payment depending on eligibility
- 

- ❖ **Link2home (NSW):** State-wide information and referral service to assist homeless people and those at risk of homelessness
    - ❖ **Connecting Home (NSW):** Support for people experiencing or at risk of homelessness
    - ❖ **Temporary Housing Support Package (NSW):** Help for people who need accommodation support/register to apply
  - ❖ **Flood Rental Support Scheme (NSW):** Up to 16 weeks rental to flood victims in temporary accommodation/register to apply
- 

## DOWNLOADABLE SUPPORT RESOURCES

- ❖ [APS Recovering from floods](#)
- ❖ [Lifeline Toolkit- Disasters](#)
- ❖ [Emerging Minds Community Trauma Toolkit](#)
- ❖ [Beyond Blue Natural Disasters & your Mental Health](#)