

# RECOVER

## Other Important Information

Disasters affect everyone differently. Some people recover soon after while others may take a long time to feel like things are 'back to normal'. Try to establish a routine and move forward as quickly as possible and seek help from family and friends to help you get back on your feet.

### PSYCHOLOGICAL AND EMOTIONAL RECOVERY

It's okay to ask for help. Recognise that recovery takes time. You will likely have a range of feelings after a major disaster. You may feel numb, overwhelmed or fearful. Allowing yourself to express your emotions will help with healing.

You may experience physical reactions as well. Your body and mind may be affected by the event even months later. Your physical health can affect your state of mind. Do your best to take care of yourself.

Physical things can help you recover emotionally. Spend time with family and friends, get back into your daily routine, watch your diet and take time out.

Seek or accept support when you need it:

Red Cross	<a href="http://www.redcross.org.au">www.redcross.org.au</a>	Beyond Blue	<a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>
Salvation Army	<a href="http://www.salvos.org.au">www.salvos.org.au</a>	Your local GP	

### HELPING OTHERS

If you are able to help others, the Local Disaster Management Group will let you know how and where to register as a volunteer at the time of each disaster.

Connect with groups and clubs you are already involved with or know about.

Want to donate goods to others? Register the goods you have available so they are matched to people who need it most: [www.givvit.org.au](http://www.givvit.org.au)



## RECOVER - OTHER IMPORTANT INFORMATION

### MORE INFORMATION

During a disaster the Burdekin Local Disaster Management Group is your number one source of information.

- [www.burdekin.qld.gov.au](http://www.burdekin.qld.gov.au)
- <https://www.facebook.com/BurdekinDCC>
- T: 07 4783 9800
- SES: 132 500
- 000

## DEALING WITH INSURANCE

Make sure you photograph everything first!

Before making a claim, read your Product Disclosure Statement (PDS) and your policy schedule to see if you have a valid claim and that the event is not on the list of exclusions for your policy. Contact your insurer or broker as soon as possible. Provide them with as much information available as you can. Making contact is critical to getting the claims process under way even if you don't know the full extent of damage to your property. Damaged or soiled items that may be a health hazard can be moved to a safe area or disposed of after being photographed, but check with your insurer first. Understand non-insurance and under insurance here: <http://understandinsurance.com.au/do-you-have-enough-insurance>

## FINANCIAL RECOVERY

Check whether you are eligible for assistance offered by the Government here:

<https://www.qld.gov.au/community/disasters-emergencies/community-recovery-grants-portal> Also check with your local charitable organisations.



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