

Community Recovery

Insurance, Financial Information and Legal Advice

- Insurance Council of Australia (fact sheets and information, including insurance issues following storms and natural disasters): <http://understandinsurance.com.au/> or call their 24 hour disaster hotline on 1800 734 621
- Financial Literacy and Resilience Program (FLARP) Gympie: phone 5343 7525

For Primary Producers specifically:

- Department of Agriculture and Fisheries: phone 132 523
- Rural Financial Counselling Service (Gympie): phone 0428 755 708
- QRIDA - Queensland Rural and Industry Development Authority: phone: 1800 623 946 or visit www.qrida.qld.gov.au
- Farm and Rural Legal Service, Legal Aid: phone 1300 65 11 88

Medical Care

- If you are in immediate danger: Call Triple Zero (000) or go to a hospital
- See your general practitioner (GP)
- Call your local community health centre
- 13Health (Queensland Health) 13 43 25 84 (24hr support from registered nurses regarding general health, including support following a natural disaster)

Phone Support

If you or someone you care about is distressed, in crisis, suicidal or needs someone to talk to, call:

- 1300 MH CALL - 1300 642 255 (24/7 Queensland Health)
- Lifeline 13 11 14 (24/7)
- Kids Helpline 1800 551 800 (24/7)
- Parentline: 1300 30 1300
- Mensline: 1300 78 9978 (24/7)

Online (website)

For online emotional health tools try: [MoodGYM](#), [OnTrack](#), [ReachOut](#) (youth)



Community Support Contact List as at 26 October 2018

Community Recovery

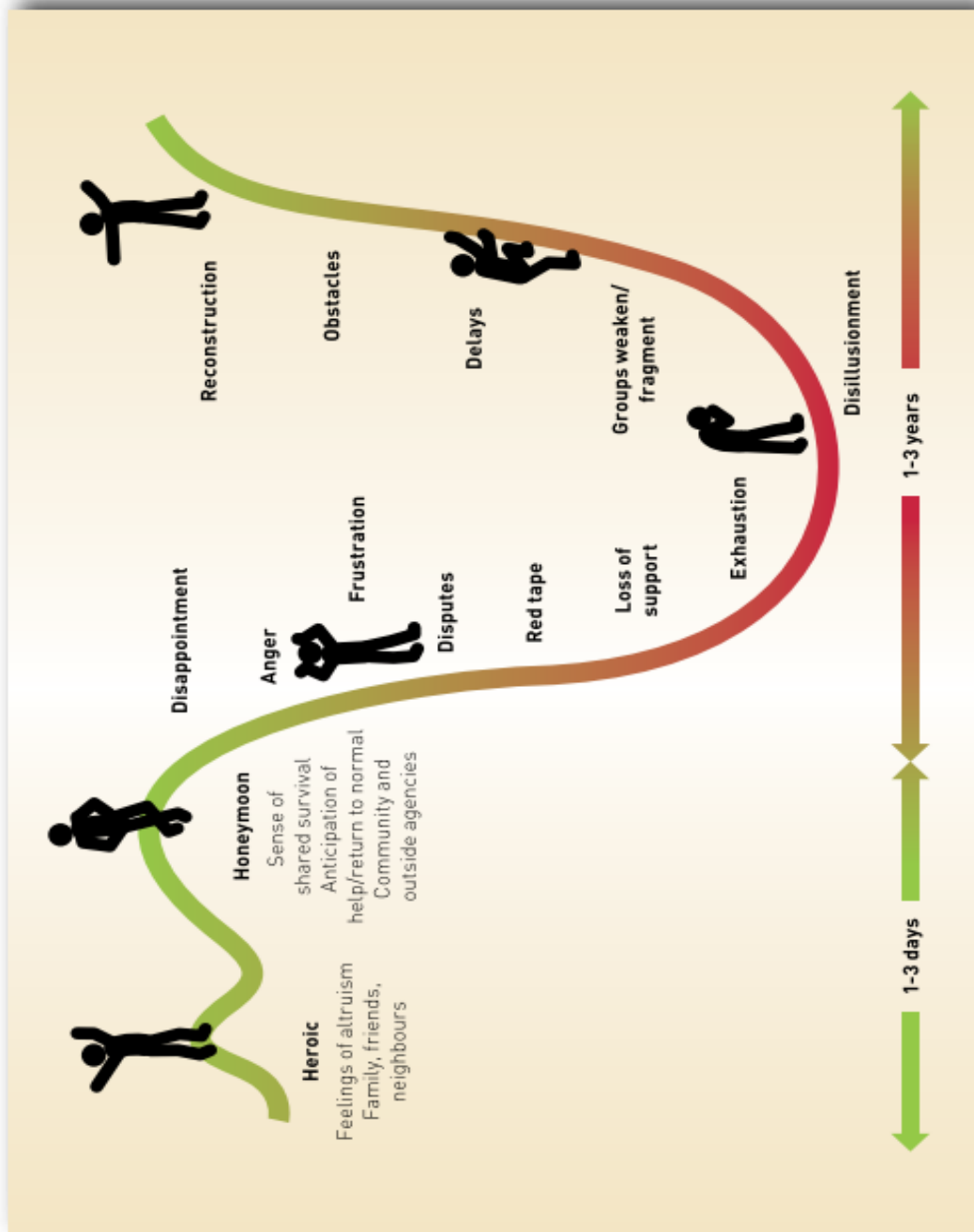
Free/low cost local counselling, psychological or welfare services

Organisation	Contact	Service
Artius	Phone: 1300 219 658 58 Channon Street, Gympie	Counselling for all ages, no GP referral required.
Headspace	Phone: 5482 1075 2 - 4 Horseshoebend Rd, Gympie	Counselling and support for 12-25 years old.
Uniting Care	Phone: 5480 3400 or regional enquiry line 5452 9790 39 Barter St, Gympie	One-to-one counselling and groupwork for those experiencing difficulty in family relationships, from traumatic events and suicidal issues.
Gympie and District Women's Health Centre	Phone: 5483 6588 21 Alfred Street, Gympie (Phone appointments for counselling are available if unable to attend a face-to-face session)	Counselling, information, support and women's health clinics either free or low cost to local women. No referrals are needed. Women are welcome to attend with any issue, including stress and trauma.
St Vincent de Paul (St Patrick's Conference Family Assistance + Vinnies Op Shop)	NO APPOINTMENT REQUIRED Centrelink Income Statement usually required or bring ID Family Assistance: 0409 421 281 Op Shop: 5482 2737 2 John St, Gympie	Interviews Mon, Wed and Fri noon to 3 pm. Assistance can be furniture, food, clothing, vouchers for medication or advice on utilities bills. Food hampers and low cost food.
Gympie Community Place	Phone: 5482 1147 18 Excelsior Road, Gympie	Emergency relief vouchers and range of services.
Salvation Army	Phone: 1300 371 288 42 Stumm Road, Southside	Family store and emergency relief.

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There are some common feelings or phases that individuals and communities might experience after a natural disaster



(reference: AEMI Community Recovery Handbook 2)

Please note Gympie Regional Council has coordinated this contact list for information and referral purposes only to assist in the recovery process. It is up to date as at 26 October 2018.

