

Emotional Support

Do you or someone you know need emotional support or someone to talk to?



Disaster events can leave a mark and cause emotional strain.

We know Queenslanders are resilient, but as the days shift into weeks and months, resilience levels can dip and emotional wellbeing can deteriorate.

Lifeline has a dedicated confidential support line to assist disaster affected people and communities.

You can speak to experienced and qualified staff on **1800 116 671** from **8am to 8pm, 7 days a week**. To talk to a Lifeline counsellor outside these hours please contact the Lifeline Crisis Support service on **13 11 14**.

More information



www.qld.gov.au/DisasterHelp



Call the Community Recovery Hotline on **1800 173 349**



Scan the QR code to access disaster related information or visit the website above.



Support is available

If you have been impacted by severe weather events, help is available.

The Community Recovery Hotline is available 24/7 on **1800 173 349**. Speak to a team member who will help you access available supports in your local area.

If you have previously contacted us but still need support **please contact us again**. Our team is here to help.

If you are experiencing emotional stress, qualified disaster counselling is available on **1800 116 671** from **8am to 8pm, 7 days a week**. To talk to a Lifeline counsellor outside these hours please contact the Lifeline Crisis Support service on **13 11 14**.

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