

# Speak Out Loud:

## Stories of Strength from the Southern Downs

EPISODE: RECOVERY STRATEGIES

GUEST: Arlene Mascadri, Disaster Mental Health Recovery Team, Queensland Health

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### SUMMARY OF EPISODE

Arlene Mascadri works for Queensland Health with the Disaster Mental Health Recovery Team covering the Southern Downs Region. The Team was formed in response to the 2019 bushfires in eastern Queensland and is jointly funded by the Commonwealth and State governments. The Mental Health Disaster Recovery Team works with communities who have been impacted by the bushfires whilst also recognising the impact on mental health of the drought and COVID-19. They provide clinical care and medical support to people who have been affected.

Listen to the podcast conversation to hear Arlene explain:

- the role of the Disaster Mental Health Recovery Team in the Southern Downs Region
- the effects of events such as bushfires on mental health
- the strengths that people on the Southern Downs have drawn upon to manage the layers of stresses including drought, bushfires and COVID-19
- practical things you can do to strengthen your mental health throughout your recovery journey
- signs that you are managing your recovery journey okay
- warning signs to look out for if you, or someone you know, is not travelling along so well
- what you can do if you are concerned about your mental health or the mental health of someone else
- services provided by the Disaster Mental Health Recovery Team including who can access the services and how to go about it
- where to go for more information or help

### TOP 3 TAKEAWAYS / TIPS

Arlene's Top 3 Tips to strengthen your mental health on your personal recovery journey:

1. Attend to your own self-care before attending to others
2. Identify early warning signs and seek help early
3. Stay connected with family, professionals and supports in the community and participate in events

## RESOURCES MENTIONED IN THE PODCAST

### Disaster Mental Health Recovery Team

E: [Disasterrecoveryprogram.DDHHS@health.qld.gov.au](mailto:Disasterrecoveryprogram.DDHHS@health.qld.gov.au)

P: 0407 333 118

### Arlene Mascadri (Disaster Mental Health Recovery Team)

P: 0448 587 326

### CRISIS SUPPORT

#### Emergency Services

P: 000 (Triple Zero)

#### Lifeline

24 hour crisis support and suicide prevention services

P: 13 11 14

#### 1300MHCALL

P: 1300 642 255

#### Local hospital emergency department

Find your closest hospital on the Darling Downs here:

<https://www.health.qld.gov.au/darlingdowns>

### General Practitioner (GP)

My GP is \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

### Community Mental Health Service (Southern Downs, Queensland Health)

### Child and Youth Mental Health Service (Southern Downs, Queensland Health)

Free, confidential service treating individuals who have or are at risk of developing moderate to severe mental illness

P: 07 – 4660 3901

### 13 HEALTH

P: 13 43 25 84

### Alcohol and Drug Information Service

P: 1800 177 833

### Suicide Call Back Service

P: 1300 659 467

### DV Connect / Womensline

Helps Queenslanders find pathways to safety, away from domestic, family and sexual violence; emergency transport and accommodation for your entire family including pets; safety planning; crisis counselling; intervention; information and referrals at no cost to you.

P: 1800 811 811

<https://www.dvconnect.org/>

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[www.kathrynwalton.com.au](http://www.kathrynwalton.com.au)

### **Parentline**

Confidential telephone service providing professional counselling and support

P: 1300 30 1300

<https://parentline.com.au/>

### **Mensline**

Telephone and online support, information and referral service for men with family and relationship concerns

P: 1300 78 99 78

<https://mensline.org.au/>

### **Gambling Help (Lifeline Darling Downs & South West Queensland)**

Free, confidential counselling service for anyone affected by problem gambling including gamblers, spouses, parents, friends and employers

P: 1300 991 443

### **Financial Counselling (Lifeline Darling Downs & South West Queensland)**

Free service assisting people in financial difficulty by helping them address their financial problems, make informed choices and build longer term capacity to budget and manage their money

P: 1300 991 443

### **Gambling Helpline**

Free confidential 24/7 telephone help offering immediate information and assistance, crisis support and referral to your closest Gambling Help service for anyone affected by gambling – yourself, a friend, family member

P: 1800 858 858

<https://www.gamblinghelponline.org.au/>

### **Granite Belt Water Relief**

E: [granitebeltwaterrelief@hotmail.com](mailto:granitebeltwaterrelief@hotmail.com)

### **Men's Shed**

Community-based, non-profit, non-commercial organisation accessible to all men that provides a safe and friendly environment where men are able to work on meaningful projects. Search the website for your closest shed.

<https://mensshed.org/>

<https://qldmensshed.org/>

### **Granite Belt She Hive Ladies Shed**

Established by Granite Belt Drought Assist in early 2021 to provide a space for social connection, creative actions, shared knowledge and promotion of wellness.

<https://www.gbdagroup.org.au/>

Private Facebook Group: <https://www.facebook.com/groups/447495759728196/>

### **Meals on Wheels**

P: 1300 90 97 90

<https://www.qmow.org/>

### **parkrun**

Free, weekly, community events in parks and open spaces. Parkrun is a positive, welcoming and inclusive experience with no time limit and no one finishes last. You can walk, jog, run, volunteer or spectate. Stanthorpe and Warwick have Saturday morning 5km parkruns.

<https://www.parkrun.com.au/>

### **Kids Helpline**

Free (even from a mobile), confidential 24/7 online and phone counselling service for young people aged 5 to 25.

P: 1800 55 1800

<https://kidshelpline.com.au/>

### **New Access (Beyond Blue)**

Mental health coaching support

<https://www.beyondblue.org.au/get-support/newaccess>

### **Beyond Blue**

Mental health and well-being information and support

<https://www.beyondblue.org.au/>

### **headspace Warwick**

Early intervention mental health services to 12-25 year olds including mental health, physical health (including sexual health) alcohol and other drug services, and work and study support

P: 07 4661 1999

<https://headspace.org.au/>

### **Kathryn Walton**

Kathryn Walton Consulting and Outdoors is my Therapy

<https://www.kathrynwalton.com.au/>

### **Darling Downs and West Moreton PHN**

<https://www.ddwmpnh.com.au/>

Use the clickable map to find mental health services in the region

*The information shared in the podcast and handouts is intended for general support only.  
To the best of our knowledge, this information was correct at the time of publishing.  
Please consult with your doctor or health provider for support based on your individual needs.*

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