



**Community Resilience and
Disaster Management -The
Role of Psychological First
Aid– Goulburn Valley Region
Experience.**

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What are the Characteristics of a resilient community

- Improving social connectedness.
- Increasing government integration and involvement in planning, response, and recovery.
- Ensuring effective risk communication to the population and especially to at-risk groups.
- Bolstering the physical and mental health of the population.

Goulburn Valley Region



City of Greater Shepparton



City of Greater Shepparton



Impact of Flood Disaster



Shepparton facing historic floods, with 7,300 homes expected to be inundated



What is a traumatic event?

- Individual traumas (e.g. accident or assault)
- Ongoing traumas (e.g. abuse, neglect or bullying)
- Mass traumas (e.g. bushfires, storms or acts of terror)
- Witnessing or hearing about a traumatic event
- Memories of past traumas.

Facts about traumatic events



- ❖ Most people recover without help
- ❖ Some develop mental illness as a result:

Post-traumatic stress disorder.

Depression, Any anxiety disorder.

- ❖ Risk increases with:

Existing mental illness.

Helplessness or horror at the time of the trauma.

Psychological First Aid After a Traumatic Effect

- ❖ Tell the person that you care and want to help.
- ❖ Remember, and explain, that all sorts of reactions are normal.



i care

Psychological First Aid After a Traumatic Effect

- ❖ Give accurate information if the person wants
- ❖ Attend to basic needs.



Psychological First Aid After a Traumatic Effect

- ❖ Seek emergency assistance if needed
- ❖ If relevant, give consideration to forensic concerns
- ❖ Protect the person from upsetting sights, bystanders and the media.



Ongoing Care Over Weeks or Months

- Do not force the person to talk about their experience
- Do not suggest that they talk about the experience
- If they want to talk about it, listen and be supportive
- Offer practical help.
- Encourage them to take care of themselves.
- Do things they enjoy and Get plenty of rest.
- Avoid using alcohol or other drugs to cope
- Monitor for declining mental health.

Psychological First Aid



Psychological First Aid



Thank You

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