



# Ex-Tropical Cyclone Alfred

## Flood and disaster recovery support and resources.

### Emergency support

If your life or someone else's life is in danger, call **Triple Zero (000)** immediately.

### Emotional support

Experiencing a major weather event can be distressing. If you need someone to talk to, Griefline's trained volunteers are here to listen and support you. Call our national grief and loss helpline on 1300 845 745, available 8am to 8pm (AEST/AEDT), every day.

### Health services and support

- Visit **Ask Izzy** to find location-based mental health support: <https://askizzy.org.au/>
- If you are in NSW, you can call the NSW Mental Health Line on 1800 011 511
- To seek advice or assistance in Queensland, call 13 Health (13 43 25 84)
- Check the healthdirect Service Finder for the latest information on health services in your area: <https://www.healthdirect.gov.au/australian-health-services>

### State Emergency Services

Request emergency assistance:

- NSW SES: Call 132 500 | Visit website: <https://www.ses.nsw.gov.au/>
- QLD SES: Call 132 500 | Visit website: <https://www.ses.qld.gov.au/>

### Community Recovery Support

For people impacted by Tropical Cyclone Alfred in South East Queensland and need assistance, call the **24/7 Community Recovery Helpline** on 1800 173 349 to speak to a team member who will help you access the available supports in your area. For recovery updates in Qld visit:

<https://www.disaster.qld.gov.au/tropical-cyclone-alfred>

The **NSW Reconstruction Authority** can help with support and advice when you have been impacted by a disaster or an emergency event. Call 13 77 88. For recovery updates in NSW visit:

<https://www.nsw.gov.au/emergency/tropical-cyclone-alfred-recovery-updates>



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**Red Cross** Register.Find.Reunite.

To find someone or register your safety if you have become displaced during the weather event: <https://register.redcross.org.au/>

### **Animal welfare**

Contact if you encounter injured, orphaned, or distressed wildlife. WIRES: 1300 094 737 - <https://www.wires.org.au/blog/tropicalcyclone-alfred-emergency-wildlife-advice>

### **Coping with emotional distress**

Feeling overwhelmed is natural. Here's how to manage:

- **Stay informed, not overwhelmed** – Limit news updates to trusted sources.
- **Create a plan** – Knowing your next steps can reduce stress.
- **Focus on what you can control** – Stay calm, connected, and remember this will pass.
- **Practice self-care** – Take time to relax, read, or meditate.