



## Metro South SEQ 2021-22 Flood Mental Health Recovery

A natural disaster can affect your  
mental health months or years later.

How are you coping?

### Look for the warning signs



Anger



Sadness



Relationship  
problems



Drinking  
too much



Sleep  
problems



Phone:

**07 3089 4156**

If you or someone you know have experienced any of these warning signs,  
**you are not alone.**

We offer a confidential, free service to individuals, children and families  
impacted by disaster.

Email: **[MSAMHS-PostDisaster-Recovery@health.qld.gov.au](mailto:MSAMHS-PostDisaster-Recovery@health.qld.gov.au)**



Australian Government

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