

## Supporting communities during drought Online resource summary 1



If you are living or working in a community experiencing drought, the following resources may help you to support the wellbeing and resilience of the children and families around you.

People in regional and rural communities are known for being resilient, hardy, and down-to-earth. However, the difficulty of natural disasters such as drought means that over time, they can wear down even the toughest of individuals.

Drought can affect a community's spirit and sense of resilience, as well as individuals', families' and children's certainties about their future. It can help some communities grow closer as they lean on each other, but in many cases, stress can lead individuals and families to isolate themselves.

These resources, designed for GPs, community workers, educators, health and social service providers, parents and carers and first responders are just some of the fact sheets, videos and podcasts, e-learning courses and workshops available for free online. Visit the [Emerging Minds web hub](#) to access the full suite of resources or contact one of our Workforce Consultants at [info@emergingminds.com.au](mailto:info@emergingminds.com.au).

Delivery partners:




The National Workforce Centre for Child Mental Health is funded by the Australian Government Department of Health under the National Support for Child and Youth Mental Health Program.




## VIDEOS

### The impact of drought on children


This video, featuring Dr Andrea Baldwin from the Queensland Centre for Perinatal & Infant Mental Health, outlines some of the impacts drought can have on children and discusses how the impacts of drought on families can differ from those following other types of disasters.


 Educators, First responders, Parents/carers, Community leaders, GPs, HSSPs

 2 min 59 sec

### Queensland Centre for Perinatal & Infant Mental Health: Natural disaster resources


This video, featuring Andrea Murray, talks about the development of the Birdie's Tree storybooks by the Queensland Centre for Perinatal & Infant Mental Health team. Covering flood, cyclone, fire and drought, the stories portray disasters from children's point-of-view and aim to help them understand the event.


 Educators, First responders, Parents/carers, Community leaders, GPs, HSSPs

 5 min 54 sec

### The importance of story and play for young children following a natural disaster


This video, featuring Andrea Murray from the Queensland Centre for Perinatal & Infant Mental Health, discusses the importance of stories and play for children's recovery following a disaster, and how adults can support this.

 Educators, Parents/carers, HSSPs, Community leaders, GPs

 3 min 39 sec

### The impact on parenting and the parent-child relationship after a disaster or traumatic event

Child psychotherapist Ruth Wraith discusses how parent-child relationships are key to helping children feel safe and secure. This resource contains suggestions and advice for professionals and parents to help support families in parenting their children after disaster.

 Educators, First responders, Parents/carers, HSSPs, GPs


 5 min 9 sec




## PODCASTS

### The ongoing psychosocial needs of children following a community trauma

In this episode of the Emerging Minds podcast, host Laura Gooyers talks with Michelle Roberts, a psychologist and expert in the areas of child and adolescent trauma, loss and grief, and children's disaster recovery. Michelle has decades of experience working as an educator and psychologist supporting school communities. She discusses the ongoing psychosocial needs of children following a disaster or community trauma, and how schools and families can work together to help prioritise and support children's needs.

 Educators, First responders, Parents/carers, Community leaders, GPs, HSSPs


 20 min 7 sec



## FACT SHEETS


### The big dry: the impact of drought on children and families

This resource outlines the impact of drought on a community, the environment, families and on mental health. Supporting families and children in a community during such an event is crucial to recovery.

 Educators, First responders, Parents/carers, Community leaders


### How can I support children during a drought?

A drought is a whole-family, whole-community issue and it is important to support children in particular during this time. This resource outlines some tips for supporting yourself and your children during a drought.

 Educators, First responders, Parents/carers, Community leaders


### Supporting children during drought (Infographic)

This infographic lists seven tips for supporting children during drought including looking after yourself and seeing things from the perspective of a child.

 Educators, First responders, Parents/carers, Community leaders

### Common severe stress reactions to a traumatic event

Following a traumatic event, children may experience a variety of reactions that can range from mild to severe. Severe reactions may indicate the child requires additional help. This fact sheet describes some of the possible severe reactions that children may demonstrate following exposure to various traumatic events.

 Educators, First responders, Parents/carers, HSSPs, GPs, Community leaders

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