

From:
To: [Flood Inquiry](#)
Subject: My experience as a helper
Date: Tuesday, 5 April 2022 6:50:00 AM

Hello, I am _____, a registered and practicing child and adolescent psychologist in the region.

As a professional on the ground, I have written to other MPs in the past about the lack of mental health services and the high need in this region. Many individuals and families are falling through the cracks. However, this is denied by executive Health administrators. Families will tell a different story.

I see my work as a force of good, trying to help children and teens break a cycle of trauma. It is a constant battle but you do see results.

This disaster has displaced many, however I have heard some horrific stories from survivors. Already, incidents of sexual assaults, violence, and despair. But the trauma, and the already apparent housing crisis, will have an effect upon functioning - and a cycle of trauma is likely to follow. I am overwhelmed by the challenge ahead. At the moment, most people are still dealing with practicals - exhausted but just trying to meet survival needs. You have seen the severe damage to the town - businesses and homes. I worked in the evacuation centres helping and crisis counselling people (most would walk in trembling). The forecast ahead is of a great mental health crisis. Mental health is not often supported by the NDIS - and MH plans are there but practitioners are not. Just long wait lists. However mental health can have an extraordinary impact upon functioning. Such an emotional levy is bound to break.

I only ask that increased funding is offered for Health, NGOs (case management) and incentives for private clinicians to address this pending pandemic. I hope such support will help me hold back the tide.

Thank you kindly, and God Bless

Kind regards,