



FACTSHEET

Psychological Support Package 2

Purpose: To provide support for older people, families, men and women, who may be experiencing stress, trauma and isolation, to develop strategies for coping and reconnecting with their communities.

Amount: \$4.2 million for community based programs targeting fire affected older people, families, men and women.

The Bushfire Psychological Support Package 2 has been developed through a \$4.2 million gift from the Victorian Bushfire Appeal Fund. This package consists of three parts:

1. Support for older people
2. Support for families
3. Respite and Retreats

This package will deliver community based programs through local community organisations and groups to support people and communities directly affected by the 2009 Victorian bushfires.

Support for older people: A number of grants will be made available to community organisations and other groups to deliver a health and well being program. This program aims to provide local opportunities for older people affected by the 2009 bushfires, to maintain their physical health and well being, and remain connected to their community and each other.

Information about these grants will be made available through community hubs, neighbourhood houses and other community places, including this website in the coming weeks.

Support for families: Parent information and support groups will be made available to parents under stress as a result of the bushfires. Parents will have the opportunity to share experiences and learn about the effects of stress and trauma on their children and develop strategies for dealing with their behaviour and assisting them to cope with stress and anxiety.

Information about parent information and support groups will be made available through schools, kindergartens, community hubs, neighbourhood houses and this website in the coming months.

Respite and Retreats: Opportunities will be made available for men, women and families affected by the 2009 bushfires to help them deal with their distress, grief and trauma through the development of support networks and coping skills. These opportunities will include weekend respite and retreats, and programs focused on the specific recovery needs of women and men. A number of grants will also be made available to community organisations, local groups and individuals to develop activities, events and programs to promote positive mental health, support community connections, rebuild social networks and support broader community recovery.

Information regarding these opportunities will be made available in the coming weeks.