

# LOOKING AFTER YOURSELF

If you are requiring emotional support or suffering hardship as a result of the rain and flooding, help is available.



1300 22 4636



Queensland  
Government  
Queensland Health

1300 642 255



131 114



[www.flyingdoctor.org.au](http://www.flyingdoctor.org.au)

If you require financial assistance please call the Community Recovery Hotline 1800 173 349

