

How do I access the DRT?

You can contact the DRT directly, or you can visit your GP or a community organisation and ask them to refer you.

The team is flexible and can meet you where it suits you best - in your home, in a community space, or at our offices. We can also support community groups and organisations.

Our service is free of charge.

Contact details

Disaster Recovery Team
Townsville Hospital and Health Service
PO Box 670, Townsville QLD 4810

Phone: (07) 4433 2730

TSV-MH-Disaster-Recovery@health.qld.gov.au

Monday to Friday 8am to 4.30pm
(excluding public holidays)

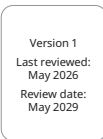
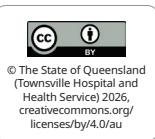
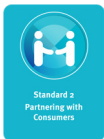
Afterhours:

Acute Care Team (ACT) can be contacted for crisis assistance and support on

Phone: 1300 64 2255 (1300 MH CALL)

24 hours / 7 days a week

If you have immediate concerns about the safety of you or the person you are supporting, contact triple zero (000) or attend your nearest Emergency Department.



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Disaster Recovery Team (DRT)

Mental Health Service Group



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Australian Government



Queensland Government

Townsville Hospital and Health Service

What is the Disaster Recovery Team?

The Disaster Recovery Team (DRT) are a temporary mental health team that supports people of all ages and community organisations affected by a natural disaster.

Please note

We only provide case management and are not a crisis service. If you or the person you are supporting are in crisis, call the Acute Care Team (ACT) on 1300 64 2255 (1300 MH CALL).

What we do

We offer a range of supports, including:

- One-on-one therapeutic support
- Information and education about well-being and recovery after a natural disaster
- Practical techniques and strategies to help manage distress, stress, or feeling overwhelmed
- Information about common reactions and responses during and after a natural disaster
- Support and debriefing for workers, volunteers, and organisations who have been affected while helping others during the event
- Connection to other services and agencies that may be able to help.

What areas do we provide services to

This service is available to people living in the following local government areas:

- Burdekin Shire Council
- Charters Towers Regional Council
- Flinders Shire Council
- Hinchinbrook Shire Council
- Palm Island Aboriginal Shire Council
- Townsville City Council

Common responses to a natural disaster

Many people experience one or more reactions following a natural disaster. Feeling distress for a few weeks is normal.

If you or your family are still finding it hard to cope, the DRT may be able to help.

Infants to adolescents

- Becoming more clingy or having trouble separating
- Changes in appetite (eating less or becoming fussy)
- More tantrums or emotional outbursts
- Sleep problems
- Withdrawing from others
- Behaviour changes
- Difficulty concentrating
- Trouble relaxing
- Loss of previously learned skills (e.g., toileting)
- Frequent sadness, anger, or worry
- Headaches or stomach aches

Adults

- Feeling irritable or having more arguments
- Sleep problems or fatigue
- Trouble concentrating or remembering
- Headaches or stomach issues
- Persistent worry or distressing thoughts
- Increased alcohol, drug or medication use
- Feeling hopeless, numb or disconnected
- Relationship difficulties
- Losing interest in usual activities you usually enjoy
- Avoiding reminders of the event