

## Counselling support

Northern Queensland Primary Health Network (NQPHN) is offering **FREE** counselling support for all GPs and their practice staff in the Townsville Hospital and Health Service (HHS) area through AccessEAP.

The current flooding in the Townsville area will impact entire communities, including organisations, their employees, and families.

As you may have experienced first-hand, the disruption to daily life can be significant.

It is common to experience a range of intense emotions following a traumatic event like a natural disaster.

The immediate loss of control and personal safety is frightening and can lead to severe or acute shock, distress, and anxiety.

People who have faced potential loss, injury, or even death from natural disasters will experience a range of feelings immediately, weeks, and even months later. The memories and associated fear that a similar event will reoccur can be long lasting.

You may wish to speak confidentially with a counsellor who will understand your emotional response, who will listen without judgment, offer information, and assist you with strategies to minimise the negative impact of the event.

Seeking counselling is not a sign of weakness. Counselling can help significantly in the recovery process.

### How to get in touch

To access this confidential service, please **contact AccessEAP on 1800 818 728** and cite you are using the service through NQPHN as a non-NQPHN staff member.

For more information on AccessEAP, visit their website at [www.accesseap.com.au](http://www.accesseap.com.au)



**\*Please note:** If you are a member of RACGP, you will already have free access to *The GP Support Program* delivered by Optum EAP. Ring 1300 361 008 to get in touch.

[www.nqphn.com.au](http://www.nqphn.com.au)

