



Royal Flying Doctor Service

QUEENSLAND SECTION

HOW RURAL COMMUNITIES SUSTAIN THEIR RESILIENCE.

A PSYCHOLOGIST'S PERSPECTIVE.

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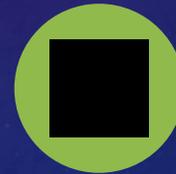
RESILIENCE WHAT IS IT?



It's not one thing.



People and communities are resilient to different pressures. Being resilient to one pressure, does not guarantee resilience to another.



It involves adapting and coping well in the face of adversity, trauma, tragedy, threats or significant stress. It's the ability to bounce back.

RESILIENCE



Individual resilience



Community resilience



The link

RURAL COMMUNITIES UNIQUE CHALLENGES

⚡ Natural disasters- flood, fire and drought

📍 geographic isolation

🏠 economic stress

📉 often higher rates of unemployment

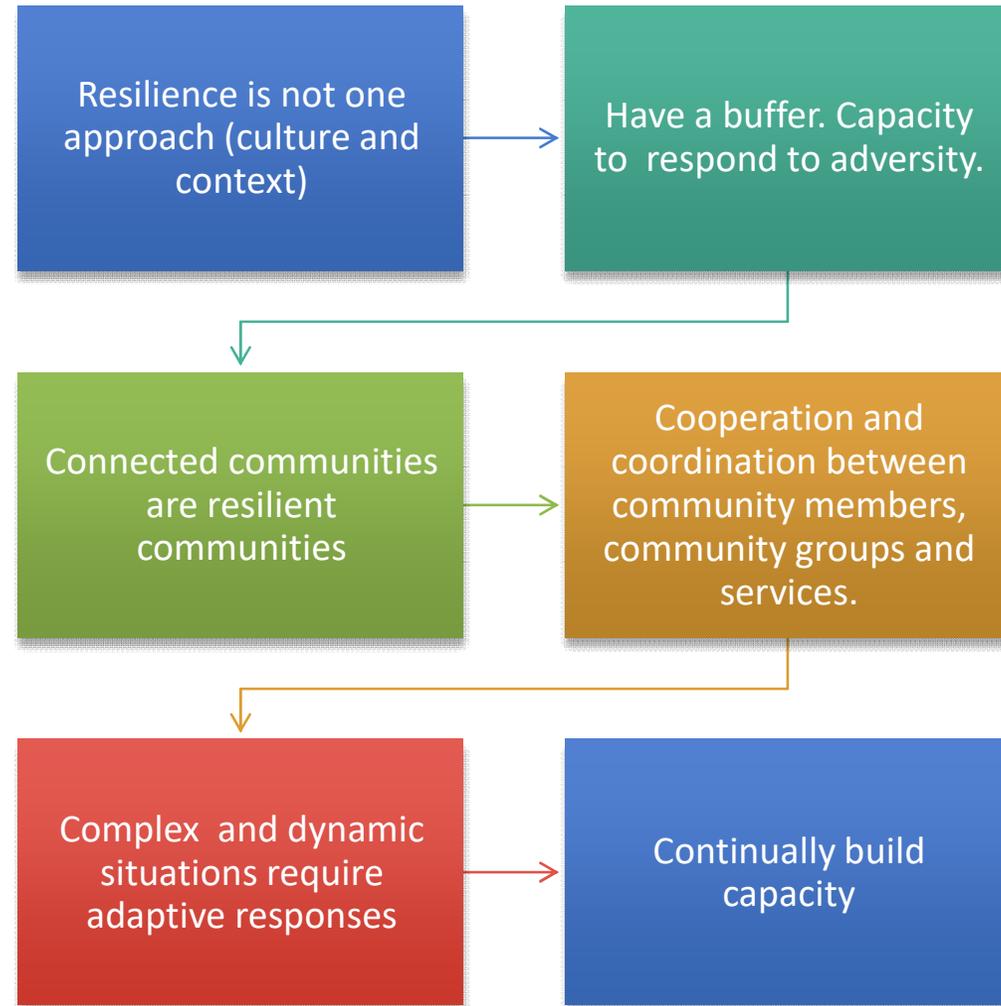
🔒 lower access to services

✓ less consistent services

😞 higher suicide rates

? reluctant to seek help

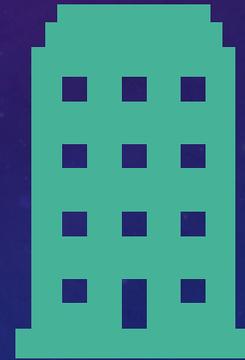
RESILIENT COMMUNITIES



PSYCHOLOGICAL RESILIENCE



Most support comes from friends
and family



Building Capacity

BEND DON'T BREAK



Resilience has its
limits



The dark side of
stoicism



When what you are
doing isn't working

FEEDBACK FROM COMMUNITIES



SICK OF HEARING THE WORD
RESILIENCE



RESILIENCE DOESN'T MEAN
STICKING IT OUT NO MATTER
WHAT



WHEN IT'S TIME TO PACK UP
STUMPS

WHAT CAN HELP

- What do people need
- Communities meeting needs
- Long term

Different Challenges

- Flood
- Fire
- Drought
- Economic downturn



WHAT CAN HELP



Staying connected



Challenging attitudes to help
seeking

CAN MENTAL HEALTH PROFESSIONALS HELP?



SUPPORT SERVICES ACCESSIBLE
AND CONSISTENT



GETTING THE RIGHT FIT-
CLINICIANS FOR COMMUNITIES



MENTAL HEALTH PROMOTION
AND EDUCATION

QUESTIONS?

