

Thanks to you
when disaster
strikes, no one has
to face it alone.



Every Australian knows what it means to live through disasters. We've seen it all - from bushfires to floods, to droughts and now the COVID-19 pandemic. And through every crisis, we come together to help those hit hardest. It can be during the worst of times that the best of humanity shines through. You are proof of that.

Your support means people from all across Australia can get help when they need it most.



Chloe – Kalbarri, WA

CYCLONE SEROJA

Torrential rain was gushing in through the windows and doors. The wind was so strong it was starting to buckle and lift the roof. Tara was huddled in a room with her two-and-half year-old daughter Chloe. Chloe was terrified. The next day when the cyclone had passed, they went to a recovery hub staffed by Red Cross volunteers. **Thanks to your support, we were able to help Chloe and Tara deal with the trauma of the cyclone.**

Giving Chloe Trauma Teddies to help ease her nightmares and a special Red Cross colouring book that teaches kids how to cope after an emergency.

“Red Cross have been making sure we’re okay. If anyone is looking for us they will know exactly where we are. You know Red Cross will get help to people who really need it.”



\$33

can teach a child to prepare their own emergency kit with special and useful items



Leonie – Richmond, NSW FLOODS

Not knowing where your loved ones are during a disaster can be terrifying. For Leonie, the flood came so fast she was left stranded. Unable to get home or contact her family, she made her way to the Richmond evacuation centre run by specially trained Red Cross volunteers. **Thanks to support from people like you, we were able to help her with the essentials like food and a place to shower and register her on our Register.Find.Reunite service, so her family would know she was safe.**

“Red Cross teams were amazing. They picked up the pieces of all those who were vulnerable. They knew I was struggling and they were so helpful.”



\$60

can help fund our service to
reconnect families separated during
a disaster



Quintina – Melbourne, VIC

COVID-19

There were days during lockdown when Quintina didn't want to be here anymore. Considered especially vulnerable to COVID-19 due to underlying health conditions, she was forced into long periods of self-isolation and became severely depressed. **But your support meant that our volunteers, specially trained in psychological first aid, could make wellbeing calls to Quintina and others like her who were struggling and alone.** These calls made her feel safe, calm and connected again.

"Red Cross made me feel that I'm not alone, they're there to make me feel better about what I'm going through, what we're all going through."



\$120

can train a Red Cross volunteer to provide one-to-one support for people who have experienced trauma



Dion – Daly River, NT FLOODS

In the remote community of Daly River people take care of each other when times get tough. But flooding every few years can take its toll on even the most tight-knit communities. Families can lose everything. Many are forced to start again from scratch. **But your support has meant our teams are there to help families evacuate to safety and stay with the community as long as it takes to help them back on their feet.**

“Red Cross do a good job. Every time we go under water they’re always there, just to talk to people, making sure that they’re doing alright, making sure they’ve got everything.”



\$200

can provide specialised training for a Red Cross team to run an evacuation centre when an emergency strikes



John – Stanthorpe, QLD

DROUGHT

This recent drought was the most severe John had seen in 60 years. And the worst part was he didn't know when it was going to end. Three months? Four? A year? The stress and trauma of not knowing how he would feed and water his stock, how long fodder would be available, and how long the bank would support him was overwhelming. **But thanks to support from people like you, local Red Cross teams provided one-to-one comfort, care and cash grants** to help with the essentials his family needed.

"It's knowing that other people do care... it's a great shot in the arm, and it's fantastic."



\$600

can get a Red Cross disaster response and outreach team equipped and on the road



Peter – Kangaroo Island, SA

BUSHFIRES

Peter lost everything in the 2019–2020 fires. His home, his belongings, his livelihood. Traumatized and faced with the daunting task of having to start over, he turned to Red Cross for support. **Thanks to you, we were able to help Peter pick up the pieces and start again. Emergency cash grants meant he could rebuild his life and psychosocial support during the fires and in the months following, helped him deal with the trauma.**

“When the going gets tough you feel as though you’re doing it all by yourself. To know somebody’s here is an amazing support. Red Cross has been a huge help.”



\$1000

can provide a grant for someone who lost their home in a major disaster