Australian School Prepare & Care Natural Disaster Toolkit

Supporting Australian primary and secondary school communities to prepare for, respond to and recover from disasters.

Building prepared & resilient school communities

Disasters have a lasting impact on the mental health and wellbeing of children, young people, families and communties.

Schools are often at the centre of a community's disaster response and recovery, providing safety, stability, trusted information and connection. By being prepared before a natural disaster occurs, we can reduce uncertainty, strengthen confidence and help protect wellbeing.

We can help strengthen schools preparedness before disaster occurs, so they are better equipped to support wellbeing, respond effectively and recover together.

About the program

Australian School Prepare & Care Natural Disaster Toolkit aims to build school communities through:

- psychological preparedness for future disaster impacts and equipping schools to respond safely and effectively.
- building confidence in supporting mental health and wellbeing.
- connecting school communities to local services, strengths and community knowledge.
- supporting children and young people to understand disaster risk, contribute to preparedness and develop a stronger sense of community.

how we support school communities

Practical resources

Evidence-based tools to support preparedness, response and recovery of natural disasters.

Training

Capability building for school leaders, educators, and school communities.

Student-led initiatives

Empowering student voice through student-led projects and connection opportunities.

Tailored support

Guidance from dedicated consultants to implement tailored strategies and activities.

Get in touch with the team

Learn more about how we can support your school community

Email: **prepare&care@headspace.org.au**

headspace National Youth Mental Health Foundation is funded by the Australian Government

prepare & care

Our purpose and focus

To equip school communities with the knowledge, resources and support needed to navigate disasters while protecting wellbeing and strengthening community resilience.

What we do

- Provide evidence-informed tools, resources and guidance for school preparedness in disasters.
- Deliver training and capability-building opportunities.
- Support schools to implement preparedness strategies.
- Facilitate partnerships and collaboration across education and community sectors.
- Help schools build confidence to navigate disasters.

Who we work with

- School Leaders
- Educators and school staff
- Students
- State and territory education sectors
- Community organisations
- Emergency management organisations

our vision

To support Australian schools and their communities to prepare for, respond to and recover from disasters while protecting wellbeing, strengthening connections and fostering resilience.



how we work with schools



Practical Resources

Support your school community with evidence-informed tools and resources for disaster preparedness.

Australian School Prepare & Care Toolkit

Evidence-informed tools and guides for every stage of the disaster cycle

Student-led Projects

Practical ideas to empower student voice and action

Reflective Practice

Practical tools to support reflection, learning & continuous improvement following preparedness activities, disruptions or emergencies.



Professional Development

Equipping school leaders and staff with practical strategies to strengthen preparedness and wellbeing.

Preparedness Training for School Leaders

2 hour facilitated session

Preparedness Training for School Staff

1 hour facilitated session

Applying the Psychological First Aid Framework Training

90 minute facilitated training session for school leaders



Student-led Initiatives

Empowering students to shape preparedness, recovery and community connection through:

Student-led Projects

Support for the design and implementation of student-led projects

Student-led Events

Support to activate student-led connection events



Tailored Support

Guidance from dedicated consultants to implement tailored strategies and activities. Support could include:

Preparedness Planning

Supporting schools to review and strengthen existing plans and processes

Implementation Support

Assistance to apply toolkit resources within a schools local context

want more information?

Get in touch directly via email:
prepare&care@headspace.org.au