DISASTER RELIEF AUSTRALIA

DRA's Wellbeing Model

LEVEL 1

DRA activities that support wellbeing

Deployments create a positive environment that facilitates:

Active Volunteering
Being physically active and helping others in times of need

Connection
Socialising with like-minded people and connecting to positive role models

Development
Formal and informal upskilling leading to improved competency

Recognition
Being recognised for contribution of valuable skills, supporting positive reframing of past experiences.

Supportive Conversations
Detecting early warning signs by wellbeing officers.

LEVEL 2

Promotion of positive mental health drivers

Belonging

Purpose

Self-worth

Optimism

Enjoyment

Competency

Monitoring for antecedents of mental illness

LEVEL 3

Improved mental health over time

Improved mental wellbeing

REDUCE

Reduced symptoms of illness

Reduced risk of developing illness

LOWER RISK OF SUICIDE