

RE:Senate Extreme Weather Inquiry.

Personal Submission.

I am a psychologist who is most concerned about the impact of extreme weather events on families, couples and young children.

Extreme weather events will place families, couples and children under physical and psychological duress. The extreme heat and risk of environmental disasters such as Black Saturday are likely to be more frequent and extreme. The reports I receive in my work with families, and organisations of areas that have already been effected (Murrumbidgee Shire) have indicated a rise in family stress, family violence and suicide.

Further the loss of a sense of safety and relationship to local ecosystems due to the changes (loss) and warming climate will also place greater anxiety and dislocation in people's lives.

Are we prepared for the demand on mental health services and can we face the extent of the mitigation needed to look after what we value that keeps Australian families safe and connected?

Regards

Sue Pratt  
Psychologist.