

# Promoting Resilience and Recovery

**SOLAR Program: A free program promoting wellbeing and recovery for regional and rural Victorians**

## Are you, or someone you know

- Stressed, worried, sad, or irritable?
- Finding it hard to stay on top of your responsibilities?
- Tired or low in energy?
- Finding it hard to keep your emotions in check?

Recovering from an event like a bushfire, drought or COVID-19 can be physically, financially, and emotionally tough, especially as we struggle to rebuild lives and livelihoods and plan for the future.

The Skills for Life Adjustment and Resilience Program (SOLAR) program is a 5-session skills-based program that aims to promote wellbeing in rural or regional communities. SOLAR helps those who are struggling to recover from the impacts of major events and learn skills that will help reduce stress and improve mood and quality of life..

## How do I get involved?

The SOLAR program is offered free of charge. As part of this, we are evaluating the program's effectiveness in improving mood and reducing stress by comparing it to a 5-week online program.

## Why is SOLAR important?

We are evaluating the best ways to help people deal with the emotional impact of disasters and other major events. Your involvement will allow us to better understand the types of resources that should be offered to people and communities to support recovery.

## Interested in participating in the SOLAR program?

You will be asked to complete some questionnaires and will be randomised to receive the program either immediately or after receiving some self-help resources. Specifically, you will receive:

- Five one-on-one sessions with a trained SOLAR coach, face-to-face or via telehealth (videoconferencing).

**OR**

- Online resources sent weekly for five weeks as part of a self-help program, followed by five one-on-one sessions with a trained SOLAR coach.

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## Contact us if you

- Are aged 18 years and over
- Reside in rural or regional Victoria
- Have been impacted by disasters, including drought, bushfires and COVID-19
- Are willing to take part in the 5-session SOLAR program involving either one-on-one sessions with a coach or a self-directed program followed by the SOLAR program

To find out more and register your interest, visit [phoenixaustralia.org/expertise/research/current-treatment-trials/promoting-resilience-recovery-trial](https://phoenixaustralia.org/expertise/research/current-treatment-trials/promoting-resilience-recovery-trial), call 1800 943 477 or email [resilience-recovery@unimelb.edu.au](mailto:resilience-recovery@unimelb.edu.au).

## About Phoenix Australia

With 25 years' experience in trauma-related mental health and wellbeing support, Phoenix Australia provides informed, evidence-based and expert delivered training.

We are Phoenix Australia. We understand trauma and renew lives.