



## The Recovery Capitals (ReCap) project supports wellbeing after disasters with evidence-based resources for people and organisations engaged in recovery.

We have created a range of helpful resources to support strengths-based, holistic and inclusive approaches to recovery including:

- A guide with information and considerations for recovery workers
- Tools to help you apply the guide in practice
- Stories of recovery
- Podcasts
- Content that focuses on the experiences of Indigenous peoples

You can find these resources and more at [recoverycapitals.org.au](https://recoverycapitals.org.au)



Scan QR code to access  
all of our resources



The Recovery Capitals (ReCap) project is a collaboration between the University of Melbourne, Massey University, Australian Red Cross, and other researchers, government and non-government agencies and organisations from across Australia and Aotearoa New Zealand.

