

When to seek professional help

- If you are worrying more about your work or personal life since the incident
- If you have constant and uncomfortable thoughts about the incident
- If you have no person or group to share your emotions with and you feel the need to
- If you feel that your reactions are not returning to normal as quickly as you would like them to.



INCIDENT SUPPORT

- ✓ PSYCHOLOGICAL FIRST AID. ONSITE OR TELEPHONE SUPPORT FOR WORKPLACE INCIDENTS
- ✓ AVAILABLE 24/7 FOR ALL NSW POLICE FORCE EMPLOYEES
- ✓ GUARANTEED RESPONSE TIMES

INFORMATION GATHERED MAY BE RECORDED IN THE INCIDENT AND SUPPORT DATABASE, HOWEVER YOUR DISCUSSIONS WITH THE PSYCHOLOGIST REMAIN PRIVATE AND CONFIDENTIAL

- Incident Support provided by our EAP provider 24 hours/day – 7 days/week
- Your GP
- The Police Psychology Section
- Peer Support
- Chaplains
- Incident support is provided by experienced psychologists with specialised training and ongoing incident and case management expertise
- Up to 3 hrs of face to face support
- On site at the workplace, via telephone, video or at the office of the psychologist
- The discussion between the employee and the psychologist is confidential however NSWPF is advised of all support provided in relation to this program
- Incident and Support database - NSWPF now records attendance at potentially distressing incidents on a SAP based database and all support offered or provided is recorded here. This provides valuable information to support and monitor the welfare of our people



WHERE TO SEEK PROFESSIONAL HELP?

Your involvement in a workplace incident is a very personal one.

The following tips can help normal healing to occur:

- Express your emotions clearly and honestly to family and friends
- Alternate periods of exercise with relaxation
- Eat healthily and regularly
- Keep your life as normal as possible – remember you are normal and having normal reactions to an abnormal event
- Avoid making any big life changes or major decisions at this time
- Keep a diary or journal – it can help clarify your thoughts
- Realise those around you may be experiencing similar thoughts and feelings, even if they do not seem to be showing it
- Take it easy – do things that feel good to you – pamper yourself for a while
- Be aware of attempting to numb your feelings by using drugs or alcohol – this can cause new problems and get in the way of recovery
- Maintain contact with people – don't isolate yourself and suffer alone