



For information about NSWPF wellbeing support services, scan the QR code:

SUPPORT SERVICES FOR NSW POLICE FORCE EMPLOYEES



Peer Support

NSWPF employees who are volunteers who are there to help their colleagues

Email #PCC-PSO



Functional Movement Screening

Involves 7 simple movement-based assessments that test your mobility, flexibility and stability to identify any weakness or imbalance in the way you move

Email #PCC-PTI



RECON

In-house rehabilitative and preventative health centres for NSWPF employees

Email #PCC-RECON



EAP Connect App

A free wellbeing app offering health metrics tracking, health insights library, and appointment booking

Search 'Converge International' in the App/Google Play stores



Your Health First

A psychological health and suicide prevention training program

Email #PCC-WELLBEING



WellCheck

A psychological monitoring service for employees in some high-risk duty types

Search 'WellCheck' on the intranet



Eat Smart

Practical information to inspire you to eat a healthy diet and make positive changes to your lifestyle

Search 'Eat Smart' on the intranet



Your Health Check

A 15-minute health and fitness assessment that can help you manage your health

Email #YOURHEALTHCHECK



SUPPORT SERVICES FOR NSW POLICE FORCE EMPLOYEES & FAMILIES



Family Support Coordinator

Assistance for the families of employees, including the coordination of support services

Phone **0455 358 324** during business hours
Email pcc-familysupport@police.nsw.gov.au



Career Transition

Online resource with easy to read information on what to expect, managing your finances, support services and real-life stories for those who are going through or considering career transition

Visit **Career Transition** page on the NSWPF internet site



Family Connect

FAMILYConnect events are held by commands to welcome Probationary Constables and their families to the 'policing family'

Email pcc-familysupport@police.nsw.gov.au



Employee Assistance Program

Short-term counselling across a range of areas for NSWPF employees and their families

Phone **1300 667 197**



Chaplaincy

Assistance during critical incidents and/or traumatic events, family problems, support during illness as well as special events

Phone **(02) 9285 3555** for the on-call senior chaplain



Fitness Passport

NSWPF employees and their families can gain access to over 500 gyms and swimming pools for a discounted rate

Email fitnesspassport@police.nsw.gov.au



Fortem Australia

Supporting first responder families through wellbeing activities, clinical support and online

Visit fortemaustralia.org.au Phone **1300 339 594**



Welfare Support Program

Designed to ensure supervisors and managers provide timely and effective support to employees suffering an injury or illness

Search 'Welfare Support Program' on the intranet



Incident Support

Psychological first aid available 24/7 to all employees for any deemed critical or other incident that may cause undue distress

Phone **1300 667 197**



Police Psychologists

Provide advice or psychoeducation on specific topics to address issues or concerns

Phone Workforce Safety reception on **EN 53899**



Physical Training Instructors

Qualified fitness instructors providing health and fitness expertise to employees

Email #PCC-PTI