

Support services for transitioning and former NSW Police Employees



KEY STAKEHOLDERS	Pre 88	Post 88	Civilian
NSW Police Transition Infoline Phone line service to connect staff with a transition officer who can link employees with support services and resources. Ph: 1800 014 140 E: policetransition@police.nsw.gov.au	✓	✓	✓
EML Ph: 1800 469 931 or 02 8071 3400 E: mail@eml.com.au		✓*	✓*
TAL Ph: 1300 209 088 E: customerservice@tal.com.au		✓*	
Allianz Ph: 1300 788 946 E: ifnclaims@allianz.com.au	✓*		
Mercer E: police_medical@mercer.com	✓		
CAREER SUPPORT	Pre 88	Post 88	Civilian
Police transition website and More than a Cop program Provides information, guides and links for officers within the career transition after injury space. W: https://www.police.nsw.gov.au/about_us/career_transition	✓	✓	
Employee Assistance Program - 12 months post last day of service Provide support in making informed decisions and to prepare you for the next stage of your career. Ph: 1300 667 197	✓	✓	✓
Your Career Podcast with Jane Jackson Jane Jackson, career coach, shares her tips on how to make a successful career change. janejacksoncoach.com/podcast/	✓	✓	✓
HOLISTIC HEALTH AND WELLBEING	Pre 88	Post 88	Civilian
Frontline Yoga Classes are taught specifically for personnel that serve, or have served, on the front lines of the community. Classes are Trauma Aware and Culturally Informed. W: www.frontlineyoga.com.au	✓	✓	
Fortem Supports first responder families through wellbeing activities, mental fitness, clinical services and their resource library. W: www.fortemaustralia.org.au	✓**	✓**	✓**
Family support coordinator - 12 months post last day of service Provides a short-term information, advice and referral service, that supports immediate family members. Ph: 9285 3848 or 0455 358 324	✓	✓	✓

* Compensable injuries only

** For attached employees only

MENTAL HEALTH SUPPORT SERVICES	Pre 88	Post 88	Civilian
<p>Employee Assistance Program (EAP) - 12 months post last day of service for former employees. Provides personal counselling services for all staff and their immediate family via an external counselling organisation. Ph: 1300 667 197</p>	✓	✓	✓
<p>University of NSW Traumatic Stress Clinic Provides cutting-edge, evidence-based treatments for PTSD and grief, independent from NSW Police. Directed by Professor Richard Bryant and staffed by experienced clinical psychologists. Ph: 02 8627 3314 (During business hours) W: www.traumaticstressclinic.com/emergency-service-workers</p>	✓	✓	
<p>Beyond Blue Provides support for anxiety, depression and suicide prevention with specific resources for Police and Emergency Services. Ph: 1300 224 636 W: www.beyondblue.org.au W: https://www.beyondblue.org.au/about-us/about-our-work/workplace-mental-health/pes-program</p>	✓	✓	✓
<p>Black Dog Institute Psychological services for a range of mental illnesses including PTSD. W: www.blackdoginstitute.org.au</p>	✓	✓	✓
<p>Relationships Australia Organisation dedicated to enhancing relationships within families and their communities in order to foster personal and social wellbeing. Ph: 1300 364 277 W: www.relationshipsnsw.org.au/support-services/</p>	✓	✓	✓
<p>Lifeline Provides all Australians experiencing a personal crisis or thinking about suicide with access to face to face, phone, text, and online services and resources. Ph: 13 11 14 W: www.lifeline.org.au</p>	✓	✓	✓
<p>Head to Health Contains a range of digital mental health resources from trusted service providers. W: https://headtohealth.gov.au/</p>	✓	✓	✓
UNIONS	Pre 88	Post 88	Civilian
<p>Police Association NSW (PANSW) Associate membership to former ordinary members of the Association who have retired, medically discharged or have resigned. This also extends to surviving spouses of these people. Ph: 02 9265 6777 E: info.centre@pansw.org.au W: www.pansw.org.au</p>	✓	✓	
<p>Public Service Association (PSA) The Public Service Association of NSW (PSA) is a major public sector union which advocates for the pay and working conditions of public servants in diverse roles across NSW government departments, agencies and schools. Ph: 1300 772 679 W: www.psa.asn.au</p>			✓
<p>Retired and Former Police Association Provide Friendship, Welfare and Fellowship. W: www.retiredpolice.com.au</p>	✓	✓	