

SUPPORT SERVICES FOR NSW POLICE FORCE EMPLOYEES



Peer Support

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

email #PSO



Functional Movement Screening

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

email #PTI



RECON

In house rehabilitative and preventative health centres for NSWPF officers

email #RECON



Equipt App

A free wellbeing app providing tools to help boost your mood, mind, physical and social wellbeing

Search "Equipt" in the App/Google Play stores



Your Health First

A psychological health and suicide prevention training program

email #WELLBEING



WellCheck

A monitoring service provided by psychologists to employees in high risk duty types



Eat Smart

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



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

email #FAMILYSUPPORT



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



Family Connect

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



Employee Assistance Program

Short term counselling service 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

Available through the State Coordinator EN 54408



Fitness Passport

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

email #FITNESSPASSPORT



Fortem Australia

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

email fortemaustralia.org.au Phone 1300 33 95 94



Welfare Support Program

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



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 EN 53899



Physical Training Instructors

Qualified fitness instructors providing health and fitness expertise to employees

email #PTI