



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 [#HSW-PSO](mailto:HSW-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 [#HSW-PTI](mailto:HSW-PTI)



### RECON

In-house rehabilitative and preventative health centres for NSWPF employees

Email [#HSW-TREATMENT](mailto:HSW-TREATMENT)



### 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 [#HSW-WELLBEING](mailto:HSW-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](mailto: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 [hsw-familysupport@police.nsw.gov.au](mailto:hsw-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 [hsw-familysupport@police.nsw.gov.au](mailto:hsw-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](mailto:fitnesspassport@police.nsw.gov.au)



### Fortem Australia

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

Visit [fortemaustralia.org.au](http://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 [#HSW-PTI](mailto:HSW-PTI)