

NSW Police Force Wellbeing Support Services

Support Services for NSW Police Force Employees

Peer Support Officers

Peer Support Officers undergo a selection process and are specifically trained to offer empathetic support by listening and understanding various situations and guiding employees to appropriate support services as needed



Email #HSW-PSO

Physical Training Instructors

Qualified fitness instructors providing health and fitness expertise to employees, as well as mobility, flexibility, and stability assessments through Functional Movement Screening



Email #HSW-PTI

Mental Health Clinicians

Embedded, on-the-ground mental health professionals focused on the enhancement of physical and psychological wellbeing to staff of all levels, providing short-term, solution-focused support including advice, strategies, education, and referrals to internal and external services



Email #HSW-MHSUPPORT

Early Access Treatment Initiative

Confidential reimbursement plan for external psychology sessions under a Mental Health Treatment Plan, independent to Workers Compensation



Email #HSW-EATI

Police Psychologists

Provide advice or psychoeducation on specific topics to address issues or concerns, conduct WellChecks (psychological monitoring for employees in high-risk duty types), and assessment and referral into the Alcohol, Pharmaceutical Drugs and Gambling Counselling service



Email #HSW-PSYCHOLOGY

Treatment & Recovery Unit



In-house rehabilitation and treatment services for employees with work-related psychological and/or physical injuries

Email #HSW-TREATINGPSYCH for psychological treatment or #HSW-RECON for physical treatment

Periodic Health Assessments

A holistic health review by NSW Police Force nurses and PTIs that assesses key health metrics as well as a functional movement screen



Email: #HEALTHPERFORMANCE

Career Transition

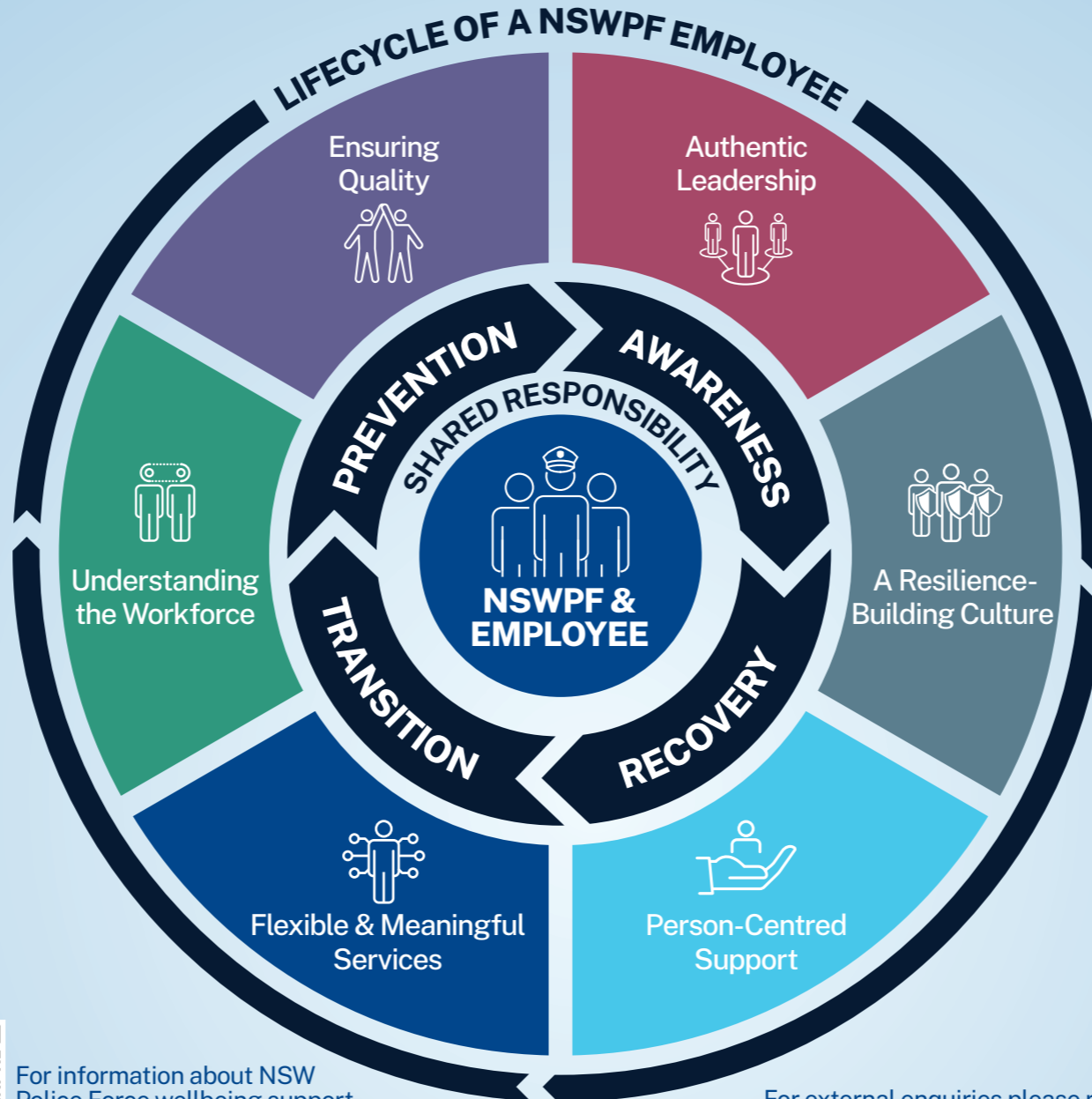
Career Transition Officers offer vocational guidance, support and access to resources and programs to ensure employees successfully transition to life after NSW Police Force and are afforded a dignified exit



Visit hswcareertransition@police.nsw.gov.au



For information about NSW Police Force wellbeing support services, scan the QR code



For external enquiries please reach out to hsw-admin@police.nsw.gov.au

Support Services for NSW Police Force Employees and Immediate Families

Family Support

Assistance for employees and their families, including information, guidance and the coordination of support services and attendance at Family Connect Days



Phone **1800 803 040** during business hours or Email hsw-familysupport@police.nsw.gov.au

Chaplaincy

Chaplains offer pastoral support and guidance to NSWPF employees and their immediate families during challenging times, significant incidents, and in times of personal need



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

Employee Assistance Program through Converge International



Services include free confidential short-term counselling across a range of areas for NSWPF employees and their immediate families.

Other available services include Financial Coaching, Conflict Support, Career Coaching, Legal Support, Nutrition and Lifestyle plus a variety of Specialist Helplines.

- First Nations Helpline 1300 287 432
- LGBTQIA+ Helpline 1300 542 874
- Domestic & Family Violence Helpline 1300 338 465
- Aged Care Support Helpline 1300 035 337
- Disability & Carers Helpline 1300 243 543
- Young People & Young Adults Helpline 1300 687 399
- Spiritual & Pastoral Care Helpline 1300 772 435

For more information email hsw-wellbeing@police.nsw.gov.au
Contact EAP on 1300 667 197

Dietitians

In-house dietetic services available to all NSW Police Force employees, offering individual consultations and group presentations to support nutritional health and workforce wellbeing



Email #HSW-DIETITIANS

Career Planning

Comprehensive support and guidance to all NSW Police Force employees, offering personalised advice and resources to aid in career development



Email #PCC-CAREERS

Recover at Work Unit

Workplace rehabilitation framework for employees following a work or non-work related injury or illness, that optimises their recovery and ensures a timely, safe and durable return to work



#HSW-INJURYCLAIMS

Incident Support

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



Phone **1300 667 197** and press 1

Manager Support

6 management consulting telephone sessions or video link every 2 years for people managers/supervisors/team leaders



Phone **1300 667 197** and ask for Manager Support

Black Dog Institute National Emergency Worker Support Service

Free, confidential, and evidence-based mental health support, through mental health checks, educational resources, and up to 12 telehealth or face-to-face sessions with trauma-informed clinicians



Family Connect

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



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

Fitness Passport

Gym membership and access to over 950 gyms and recreation/leisure centres at a discounted rate, available to NSW Police Force employees and families



Email NSWPoliceForce@fitnesspassport.com.au

OSARA Health

Personalised support for NSW Police Force employees and immediate family living with cancer and cancer caregivers



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