First Responder Mental Health: Fire and Rescue New South Wales Experience

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FRNSW Mental Health Evolution

- **1980-90**: Peer Support Team and EAP
- **2009**: ARC
- **4 Pillars**: Policy
- **Strategy Development**: GAP
- **2016**: VIC POL
- **2016**: MFB
- Beyond Blue Framework
- Mental Health Task Force
2009 ARC Survey

What we found:
• Peers
• Family/Friends
• Recreation
• Substance
• Other supports

What they want:
• Peers
• Education
• Supervisor engagement
• Family support
Policy and Mental Health Task Force

Mental Health Policy Pillars

• Awareness
• Prevention
• Response
• Support
Mental Health Continuum

- **Recruit**
  - Peer Support Officers

- **QF**
  - Chaplains

- **SF**
  - Occupational Psychologist

- **SO**
  - Tool Kit

- **LSO**
  - EAP

- **Senior Officer**
  - Transition

- **Retire**
  - Retiree Peer Support

**AWARENESS**

**PREVENTION**

**RESPONSE**

**SUPPORT**
Questions