



# beyondblue's National Mental Health and Wellbeing Study of Police and Emergency Services Phase 2 Update

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**beyondblue is undertaking the National Mental Health and Wellbeing Study of Police and Emergency Services to build a comprehensive picture of the mental health and wellbeing of police and emergency services personnel in Australia.**

The *beyondblue* National Mental Health and Wellbeing Study of Police and Emergency Services is supported by the Bushfire and Natural Hazards Cooperative Research Centre.

## THERE ARE THREE KEY PHASES IN BEYONDBLUE'S STUDY:

**PHASE 1:** *beyondblue* contracted Wherefo Research to conduct a qualitative project gathering the personal mental health experiences of current and former employees of police and emergency services, and their partners and families. This phase was completed in November 2016.

**PHASE 2:** *beyondblue* contracted The University of Western Australia in partnership with Roy Morgan Research to conduct the first nationally representative survey of police and emergency services personnel in Australia – Answering the Call. This is the current phase of the study.

**PHASE 3:** Phase 3 will be a collaborative 'evidence to action' project. *beyondblue* in partnership with other stakeholders will support the police and emergency service community to review the new evidence generated by the study, and identify the best ways to respond.

## PHASE 2 UPDATE

- **OVERVIEW:** Answering the Call was the first survey of its kind to collect information on employee and volunteer mental health from across the police, fire and rescue, ambulance, and state emergency services sectors.
- **AIM:** to establish a comprehensive database and understanding of the mental health and wellbeing of both current and former police and emergency services personnel.
- **PARTICIPANTS:** The survey gained participation from a nationally representative sample comprising over 20,000 current employees and volunteers from 33 police and emergency organisations across Australia. In addition, some 661 former employees, recruited through former employee associations and related groups, also participated in the survey (table 1).
- **ANALYSIS:** Data analysis is currently underway. An overview of the survey concepts can be seen in figure 1.

## PHASE 2 OUTCOMES

- The results from Answering the Call will be launched nationally in the form of a national report late in 2018.
- The findings will be directly communicated to police and emergency services agencies, with each agency being provided a confidential report of their organisation's results from the survey. These reports will not be released publicly.
- In recognition that this large survey could usefully inform other research projects, a confidentialised unit record file (CURF) of the survey results will be made available to the research community in 2019. No user accessing this file will be able to identify individuals who participated in the study or be able to compare or contrast individual agencies.

TABLE 1: NATIONAL SURVEY RESPONSE RATE FOR ANALYSIS

SECTOR	NUMBER OF PARTICIPATING AGENCIES	PARTICIPATING EMPLOYEES	PARTICIPATING VOLUNTEERS
AMBULANCE	8	3,473	559
FIRE & RESCUE	10	2,975	2,626
POLICE	8	8,088	-
SES	7	332	2,300
TOTAL	33*	14,868	5,485

FIGURE 1: NATIONAL SURVEY HIGH-LEVEL CONCEPT MAP

