



**Fire &  
Rescue NSW**

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



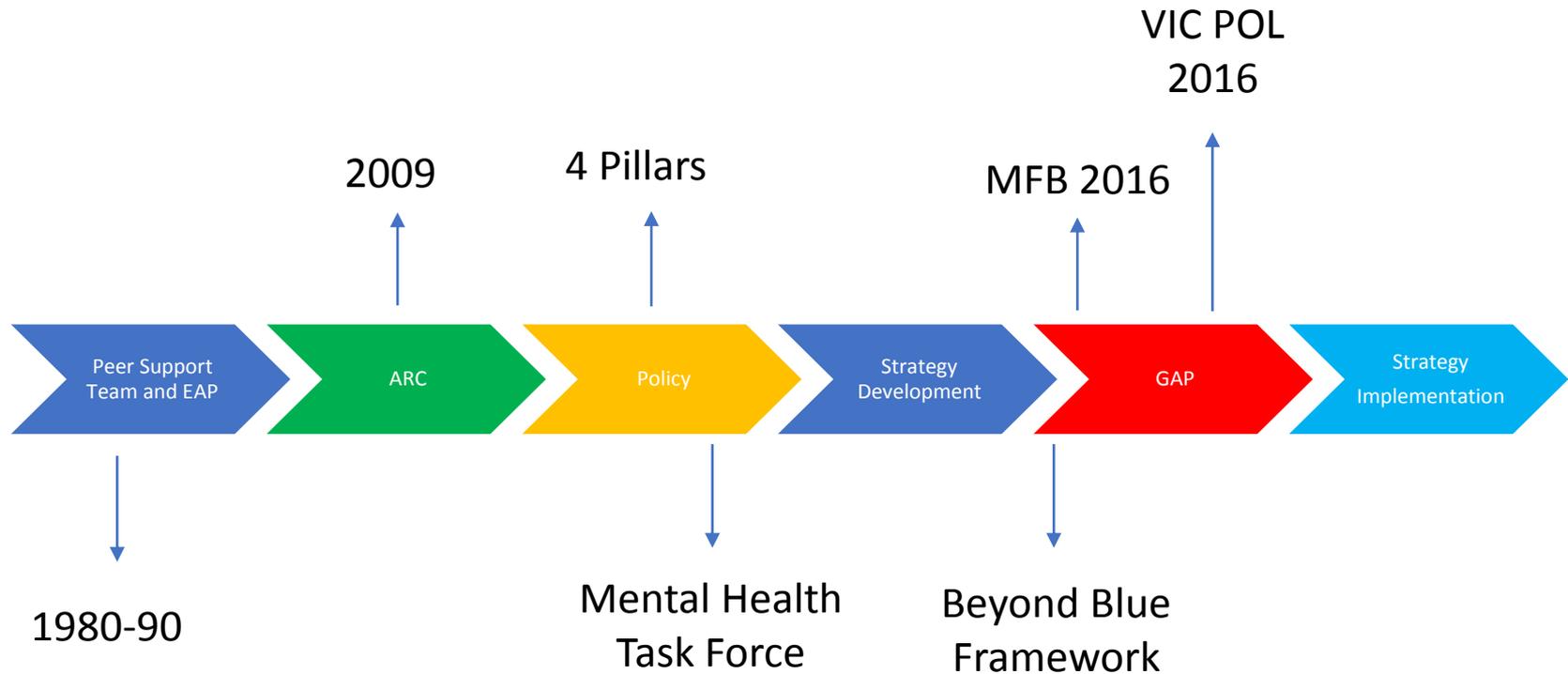
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Occupational Psychologist**

**4 September 2017**





# FRNSW Mental Health Evolution



## What we found:

- Peers
- Family/Friends
- Recreation
- Substance
- Other supports

## What they want:

- Peers
- Education
- Supervisor engagement
- Family support



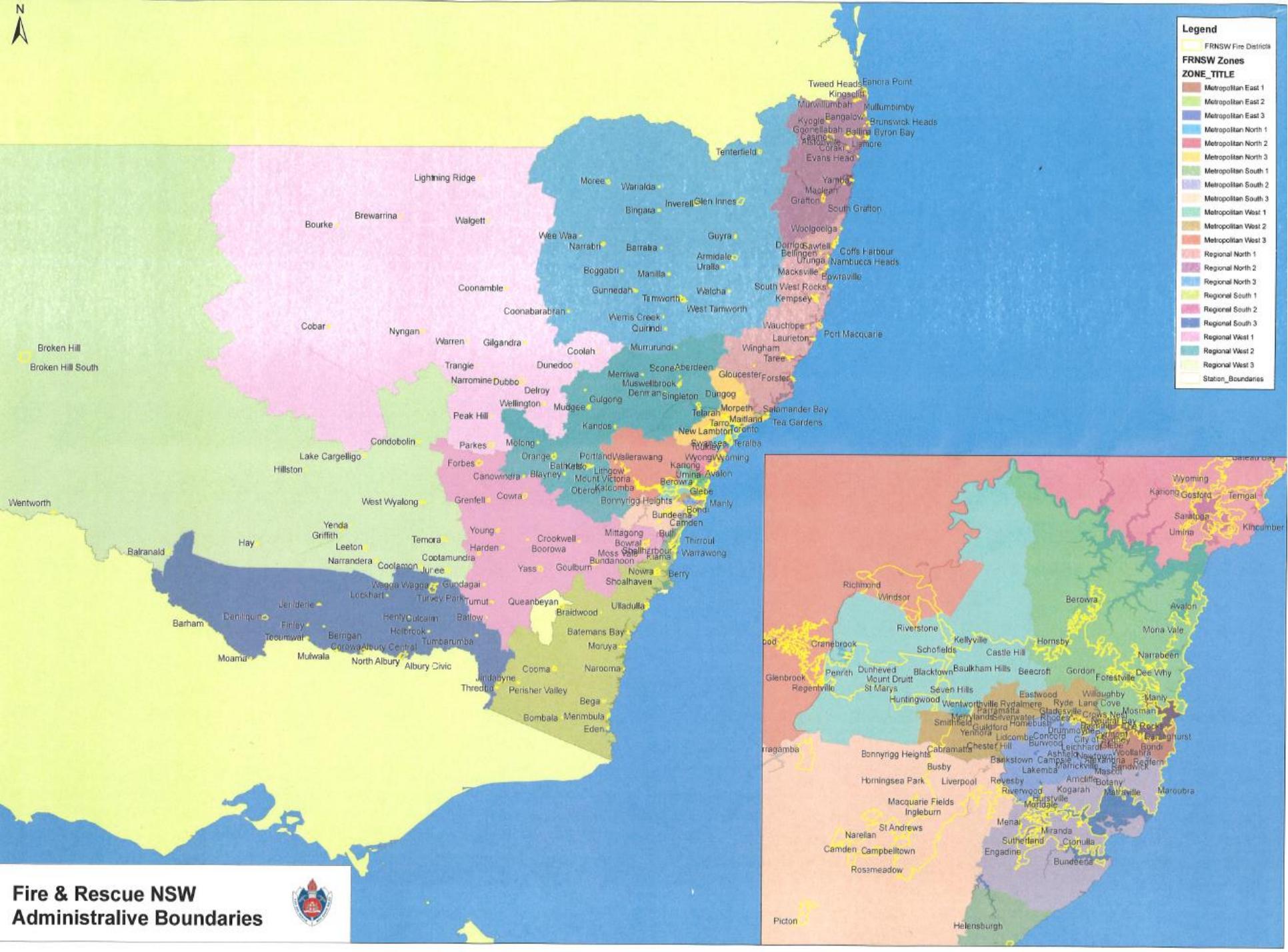
# Policy and Mental Health Task Force



## Mental Health Policy Pillars

- Awareness
- Prevention
- Response
- Support





**Legend**

FRNSW Fire Districts

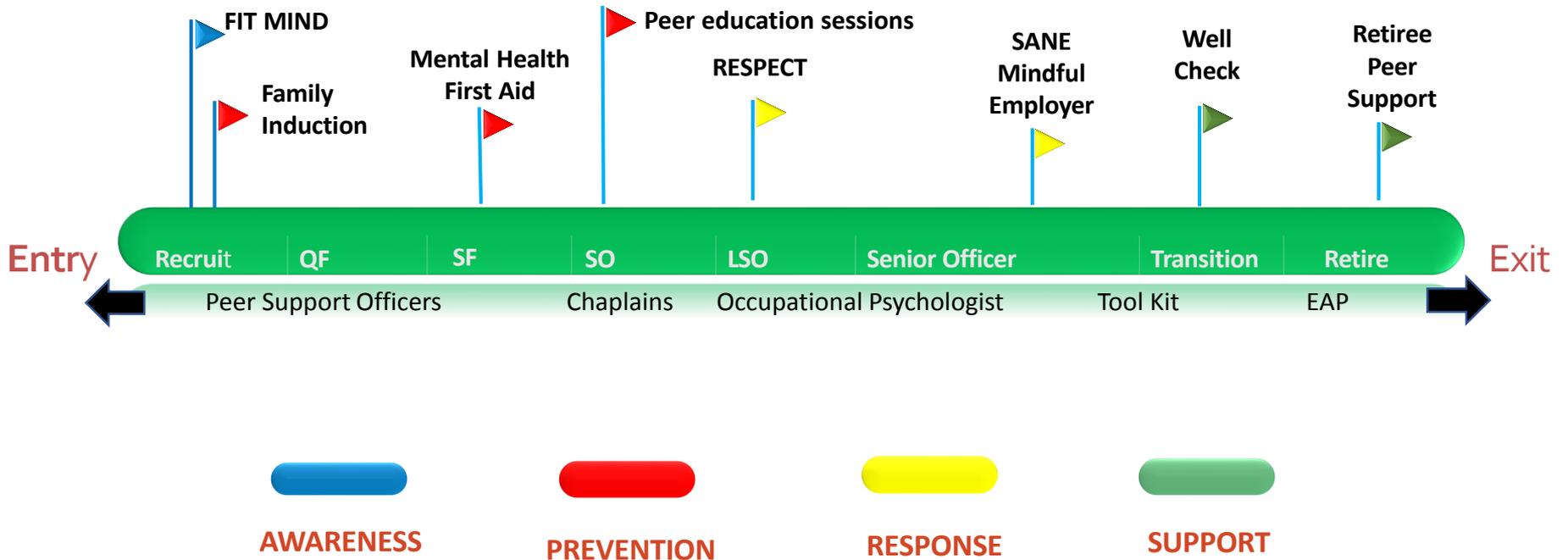
**FRNSW Zones**

**ZONE\_TITLE**

- Metropolitan East 1
- Metropolitan East 2
- Metropolitan East 3
- Metropolitan North 1
- Metropolitan North 2
- Metropolitan North 3
- Metropolitan South 1
- Metropolitan South 2
- Metropolitan South 3
- Metropolitan West 1
- Metropolitan West 2
- Metropolitan West 3
- Regional North 1
- Regional North 2
- Regional North 3
- Regional South 1
- Regional South 2
- Regional South 3
- Regional West 1
- Regional West 2
- Regional West 3
- Station\_Boundaries



# Mental Health Continuum



# Questions

