



NSW Police Force

NSWPF Wellbeing Support Services



NSW Police Force



SUPPORT SERVICES FOR NSW POLICE FORCE EMPLOYEES



Peer Support
NSWPF employees who are volunteers who are there to help their colleagues
email #PSO



Functional Movement Screening
Involves 7 simple movement-based assessments that test your mobility, flexibility and stability to identify any weakness in the way you move
email #PTI



RECON
In house rehabilitative and preventative health centres for NSWPF officers
email #PTIRECON



Equipt App
A free wellbeing app providing tools to help boost your mood, mind, physical and social wellbeing
Search "Equipt" in the App/Google Play stores



Your Health First
A psychological health and suicide prevention training program
email #WELLBEING



WellCheck
A monitoring service provided by psychologists to employees in high risk duty types
email #WELLCHECK



Eat Smart
Practical information to inspire you to eat a healthy diet and make positive changes to your lifestyle



Your Health Check
A 15 minute health and fitness assessment that can help you manage your health
email #YOURHEALTHCHECK



SUPPORT SERVICES FOR NSW POLICE FORCE EMPLOYEES, FRIENDS & FAMILIES



Family Support Coordinator
Assistance for families of ill and injured employees, including the coordination of support services
email #FAMILYSUPPORT



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



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



Employee Assistance Program
Short term counselling service 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



Fitness Passport
NSWPF employees and their families can gain access to over 500 gyms and swimming pools for a discounted rate
email #FITNESSPASSPORT



Backup for Life
Supporting former officers' transition into a civilian life
Phone 1800-4-BACKUP
or email backup@policelegacynsw.org.au



Welfare Support Program
Designed to ensure supervisors and managers provide timely and effective support to employees suffering an injury or illness



Incident Support
Psychological first aid available 24/7 to all employees for any deemed critical or other incident that may cause undue distress
email #PSYCHOLOGY



Police Psychologists
Provide advice or psychoeducation on specific topics to address issues or concerns
email #PSYCHOLOGY



Physical Training Instructors
Qualified fitness instructors providing health and fitness expertise to employees
email #PTI