



PATHWAY TO PROFESSIONAL CARE

Pathways of Care and Support

After an unprecedented season, it is important that NSW RFS members recognise the impact on their mental health. In this liftout we outline the ways you can reach out for assistance and give some simple tips for maintaining your mental wellbeing.

Chaplaincy/Family Support

NSW RFS Chaplaincy and Family Support Service is offered to all members and their immediate families. Our aim is to provide assistance that would help in a wide range of settings. This can include being an independent confidential listening ear, providing crisis intervention and support during a crisis, caring for those who are sick, undertaking hospital visitation, offering on-scene support and providing spiritual support that acknowledges an individual's beliefs. Contact: **1800 049 933** www.myrfs.nsw.gov.au

MAP Counselling

The Member Assistance Program (MAP) is a confidential counselling, coaching and wellbeing service free for all NSW RFS staff AND volunteers, as well as their immediate family members. The service can help you achieve lifestyle, work, personal and family goals and assist you with managing work and life experiences, issues or concerns that arise from time to time. Contact: **1300 360 364** benestar.com

Workers Compensation

If you have sustained an injury as a member of the NSW RFS in the course of your duties, then you are covered for Workers Compensation and can get in touch with the team to assist with the claims process. Contact: **(02) 8741 5511** www.myrfs.nsw.gov.au

GP/Medicare

You can seek advice and possible referral to a mental health practitioner from your medical provider. If your Doctor determines that a mental health care plan is appropriate for you, then a referral to a mental health practitioner can be achieved under Medicare. Contact: **Your local Medical Practitioner**

Beyond Blue

Beyond Blue provides information and support to help Australians achieve their best possible mental health, whatever their age and wherever they live. The experiences and needs of people with anxiety and depression and their families and friends underpin all Beyond Blue's work. Contact: **1300 22 4636** beyondblue.org.au

CISS/Peer Support

Critical Incident Support Services (CISS) and Peer Support Services are available to all members of the NSW RFS who may be experiencing traumatic or every day stressful reactions. The team provides a positive way to cope with the effects of dealing with traumatic events and lessen the impact of critical incident stress on members and their families. Contact: **1800 049 933** www.myrfs.nsw.gov.au

Lifeline

Contact: **13 11 14** www.lifeline.org.au



SIMPLE THINGS CAN MAKE A HUGE DIFFERENCE



REST AND RELAXATION

Ensure you take breaks regularly, both throughout your day as well as longer holidays. Include mind-soothing activities in your day such as music, podcasts or reading a book.



SLEEP

Aim for 7-9 hours of sleep daily, ideally between 10pm and 6am for enhanced rejuvenation and mental and physical benefits.



SOCIAL CONNECTION

Social connection minimises isolation. Connect by giving someone a call, having technology-free time with your family, bringing out old board games or using FaceTime with friends.



DIET

Increase wholefoods in your day such as fruits, vegetables, wholegrains and lean proteins and limit processed foods such as fast food, biscuits, lollies and chips. Consuming a good quality diet improves your energy and enhances mental clarity.



WATER

Water is essential to your health, aim to consume 2L per day of fluids which can include milk, water and herbal teas. Think of water as a nutrient your body needs.



EXERCISE

Exercise has huge benefits to mind and body. Find something you enjoy and include family and friends to keep moving consistently, at least 30 minutes per day.