

Thank a First Responder Day

Wednesday

10
June
2026



**They show up for us.
Let's show up for them.**

First responders protect our communities every day, often facing trauma, high stress, and operational pressure without recognition.

Thank a First Responder Day is a national moment for communities to simply say thank you.

Local businesses play a powerful role in making that message felt.

How your business can get involved

Your involvement helps ensure those who look after us get the vital support they deserve. Support your local first responders in a way that works for you:

Support station hampers

Donate towards hampers being prepared and delivered to your local stations, and we will include a thank you note from your business in the hamper.

Back a local 'thank you' event

Chat to your local Fortem member about donating to an event near you to personally say thanks.

Run your own mini fundraiser

For example, donate \$1 per item purchased, a portion of sales for the day or month or place a donation jar in your store to give customers the chance to contribute directly to supporting the mental health and wellbeing of first responders. Donate proceeds via our Thank a First Responder 2026 Grassrootz page or directly to Fortem through our website.

Share the love on social media

Post a video or message thanks first responders and their families with #TAFRD to spread awareness and show your support.

Simple actions. Local impact. Real appreciation.

#ThankAFirstResponder #PowerOfThanks #TAFRD

thankafirstresponderday.org.au



Our impact 2025

65

monuments around Australia lit up in teal or blue.

32.7 million

impressions from national media and social media.

62

events hosted by Fortem, and hundreds of community events.

Why it matters

Feeling recognised, valued, and connected plays a powerful role in mental wellbeing.

For first responders, genuine appreciation can:



Reduce feelings of isolation.

Strengthen connection to community.



Reinforce that their service is seen and valued.

Support long term mental health for them and their families.



How your support helps

Funds raised through Thank a First Responder Day support Fortem Australia to deliver:

- mental health literacy and early intervention support
- wellbeing and social connection programs
- practical resources for first responders, their families, and former first responders who have left service within the past 10 years.



Thank a First Responder Day is an initiative of Fortem Australia, an independent not for profit supporting the mental health and wellbeing of first responders their families, and former first responders who have left service within the past 10 years.

Contact

Megan Taylor

Communications and Marketing Lead

0427 182 006

megan.taylor@fortemaustralia.org.au

thankfirstresponderday.org.au

Free resources available to download

- **Posters and promotional materials**
- **Social media assets and messaging**

Everything you need is ready to use.

