

We support

the mental health and wellbeing of first responder families.

Free
services and
activities
for first responders
and their families



Talk to someone

Independent, confidential, free
psychology and counselling sessions

Clinicians experienced in providing support
to first responder families

In-person and telehealth options



Join an activity

Connect with your family, your team and your community

Take time to de-stress, re-charge, learn something new

Build skills and a network that can help you through
tougher times



Plan your move

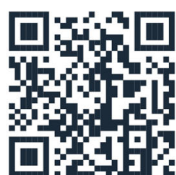
Explore your career options within, between or post-service

Together, we plan the pathway that's right for you and

Equip you to take these steps with confidence

"You have made me realise that it's okay to ask for help."

- Senior Constable, Queensland Police



*Scan the QR code to visit our website and access
free wellbeing resources.*

✉ connect@fortemaustralia.org.au

☎ 1300 33 95 94

 **FORTEM**
AUSTRALIA
Supporting **THE BRAVE**

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