



It's strong to seek support

Fortem Australia's clinical services are designed to offer early and proactive support, helping you manage challenges before they become overwhelming. By focusing on preventative care, we aim to build resilience, reduce the risk of long-term impacts, and promote lasting wellbeing for first responders and their families.

Our clinical team are experienced in first responder culture.

- **In person and telehealth.**
- **Couples counselling.**
- **Family members eligible to access free services.**
- **Independent and confidential.**

Call or email to have an informal chat with one of our friendly intake team.

1300 339 594

Psychology@fortemaustralia.org.au

Whatever your needs, our team will work with you to make sure you get the right support.

fortemaustralia.org.au

