

Fortem Australia

Responding with resilience

Australia's leading evidence-based support organisation for first responders and their families



Wellbeing activities

- Free for first responders and their families
- Enhances social connection
- Builds resilience and reduces stress
- In-person and virtual activities
- Improves help-seeking behaviours



Psychological support

- Early intervention-focused
- Confidential and independent
- In person and telehealth
- Family members eligible
- Couples counselling



Career management

- Career transition
- Career resilience
- Seminars and workshops
- Resume and job application support
- Education and lifestyle resources



Wellbeing resources

- Written specifically for first responders
- Peak Fortem for mental fitness
- Enhances mental health literacy
- Empowers the first responder community
- Free to access online 24/7



How you can support our work

First responders are always there when we need them the most. Help us be there for them.

Become a sponsor

Without the support of our generous sponsors, we couldn't deliver the invaluable services and resources we do. Fortem's sponsors help us to provide our services to the first responder community.

Make a donation

Every donation, makes a positive difference in supporting the mental health and wellbeing of first responders and their families with our:

- Career planning
- Wellbeing events
- Counselling by qualified psychologists
- Resources for resilience

Workplace giving

Your organisation and its people can make a big difference to the wellness of first responders and their families. This program enables your staff to donate a portion of their pre-tax salary.

Partner with Fortem

Does your organisation want to support stronger communities in Australia? Contact us to find out more about becoming a partner.

info@fortemaustralia.org.au



Fortem

www.fortemaustralia.org.au

