

# Fortem Australia

## Responding with resilience

Fortem Australia supports the mental health and wellbeing of first responders and their families – the people who protect and care for our communities. We do this through the delivery of evidence-based programs and services, including psychological and counselling support, social connection activities, career management and the development of mental health literacy resources. We also work to ensure first responders and their families know just how much they are appreciated through our annual Thank a First Responder Day campaign.



## Our impact

Since 2019 Fortem has:



supported over **25,250** individual first responders and family members



provided career management services to **2,040** first responders



hosted **3,690** social connection and engagement activities



opened a dedicated **wellbeing hub** in WA for first responders and their families



held **10,245** psychological and counselling sessions



expanded its outreach program to support **regional, rural and remote Australia**.

## Key service areas

### Social connection

**89%**

of social connection participants agreed their health and wellbeing improved through the activity

**99%**

are 'very likely' to attend another activity

**99%**

would recommend Fortem

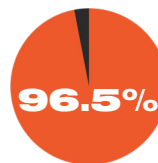
### Clinical services

**10,245** sessions delivered to first responders and family members, including couples counselling

**83%** of participants with active PTSD symptoms showed a reduction of symptoms following treatment

Delivered **56** mindfulness group sessions to 114 first responders and family members

### Career management



96.5% of participants would recommend the program to a friend or colleague

**21%** of all participants re-engaged with their agency\*



90% of participants who completed the program reported they were confident or very confident in their capacity for work

\*all participants include those who were undertaking aged retirement or medical separation from their agency.

## Thank a First Responder Day



**62** events hosted by Fortem, with hundreds of additional community events



**65** monuments around the country lit up in teal or blue



**659** media articles and **464** social posts and stories achieving **32.7 million** impressions

As at April 2026

[www.fortemaustralia.org.au](http://www.fortemaustralia.org.au)

