



Fortem Australia

Responding with resilience

Australia's leading evidence-based support organisation for first responders, their families and former first responders who have left service within the past 10 years.



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

- Confidential and independent
- In person and telehealth
- Family members eligible
- Couples counselling
- Clinical workshops



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
- Disaster Resilience Toolkit
- Peak Fortem for mental fitness
- Enhances mental health literacy
- Free to access online 24/7

