Fortem Australia

Responding with resilience

Fortem Australia supports the mental health and wellbeing of emergency service workers 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 **28,184** individual first responders and family members
- hosted **5,213** social connection and engagement activities
- held **11,826** psychological and counselling sessions
- provided career management services to **2,143** first responders
- opened a dedicated **wellbeing hub** in WA for first responders and their families
- 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

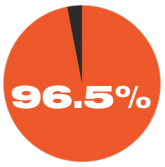
Clinical services

11,826 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

132 monuments around the country lit up in teal or blue

1,648 media articles and **593** social posts and stories achieving **97.7 million** impressions

As at 4 November 2026

Fortem

www.fortemaustralia.org.au