

Wellbeing

by Mac - Sunday, August 09, 2015

<http://trueblueline.net/resources/wellbeing/>

Essential Resources

Peer support groups, organisations, help lines and individuals eager to talk to you confidentially about mental health. If you feel blue, overstressed, depressed or suffering from post traumatic stress, please talk about it. We care about your wellbeing, you matter to us, your colleagues and especially your family.

Last updated: 17th July 2016

- [Australia](#)
- [International: UK, USA, Canada](#)
- [Books](#)

Australia

Help Lines

[Beyond Blue](#)

Beyond Blue is a Federal Government initiative established to increase the capacity to deal with anxiety and depression. It has a number of online e-learning programs to look at symptoms for diagnosis and contains a register of clinical psychologists matched to an area of your interest.

Phone: 1300 224 636

Email: infoline@beyondblue.org.au

[Lifeline](#)

Phone-based crisis counselling service providing 24/7 crisis support and suicide prevention services.

Phone: 13 11 14

[Suicide Line](#)

SuicideLine is dedicated to suicide prevention & provides vital support for thousands of Victorians each year.

Phone: 1300 651 251

[Suicide callback](#)

Suicide Call Back Service provides free phone, video & online counselling for anyone affected by suicide.

Phone: 1300 659 467

[Relationships Australia](#)

Relationships Australia is a not-for-profit organisation which offers counselling and education services for couples and individuals. Telephone and online counselling is available. This is a fee-paying service.

Phone: 1300 364 277

[Crisis Care](#)

Telephone Crisis Care when:

- you need someone to help sort out a serious problem
- you are concerned about the wellbeing of a child
- you are escaping domestic violence and need help arguments
- are causing unhappiness and problems in your family
- you are alone or afraid and urgently need to talk to someone
- you are homeless
- you need counselling, information or other support

Phone: (08) 9223 1111

Phone: 1800 199 008 (free call STD)

[Domestic Violence Crisis Service](#)

In an emergency, call 000 otherwise 131 444 for police attendance.

For support, phone the Domestic Violence Crisis Service on 1 300 782 200 or Crisis Care on 131 611.

[Salvo Care Line](#)

Phone: 1300 36 36 22

[The Samaritans Careline](#)

Phone: 13 52 47 - Crisis Line

Phone: 1800 198 313 - Youthline WA

[Family Helpline](#)

Phone: (08) 9223 1100

[Mensline Australia](#)

Phone: 1300 789 978

[Mental Health Emergencies - Western Australia](#)

Call for mental health emergency assessment, support and referral. Made up of mental health professionals, including psychiatrists, nursing and allied health staff. They provide after-hours assessment and specialist intervention for people experiencing a mental health emergency.

Phone: 1300 555 788

Peer Support

[Behind The Seen](#)

Providing training to emergency services personnel and their families as the foundation for a pro-active, collaborative behavioural health support strategy including:

- Resilience to specific emergency service career stresses
- Recognition of unusual behaviours/warning signs
- Rebuilding when things fall apart
- Resourcing collaboratively at a local level

[Blue Hope](#)

Blue Hope aims to raise awareness & share information about Police Suicide globally, introduce an anonymous, external referral system and 24hr helpline.

[Police Post Trauma Support Group](#)

The PPTSG is a not-for-profit organisation, comprising serving and former police officers. Its aim is to provide support to those who are suffering from PTSD, anxiety, depression, and to alleviate the isolation and stigma which is generally associated when diagnosed with these illnesses. The PPTSG is supported in its work by the NSWPF, health professionals and various counselling services.

[Retired and Ex Police Peer Support Organisation](#)

Retired Peer Support Officers (RPSO's) are ex police members and they voluntarily provide confidential support to members who have retired, resigned or been ill-health retired from the Victoria Police Force, or any other Police Force or Police Service. RPSO's are available to assist any ex-members who may be experiencing the following: Stress, PTSD, Depression and other mental health issues. RPSO's are trained

to recognise various symptoms & problems, and assist their colleagues through listening, understanding & providing appropriate options and assisting with referrals where necessary.

Also on [Facebook](#).

[Forgotten 000](#)

The Forgotten 000's are about supporting PTSD and mental health sufferers and the prevention of first responder's Suicide.

Phone: 0452407285

[Frontline Ladies](#)

Social / support group for former & current serving women of Frontline careers; Defence, Emergency Services, Corrective Services, Border Force Services, Nursing, SES, RFS & the like. This invitation is extended to ladies who are support staff & family of the Frontline.

[Australian Police Forums - Thin Blue Line](#)

Unofficial Police Site for Australian Police that provides a confidential discussion forum.

[Police Suicide](#)

More police officers have died by their own hand than any other cause of death. Police suicide is a major issue rarely talked about publicly. Let's start now!

Also on: [Facebook](#) and [Twitter](#).

[PTSD Chat](#)

Website focused on PTSD recovery and Twitter weekly community [#PTSDchat](#) with caring people from around the globe. Taking place every Wednesday's at 6PM PST / 9PM EST and 11AM Thursdays (Australian Eastern Standard Time) on Twitter.

[The Cost of Bravery](#)

Recipient of the Cross of Valour, Australia's highest bravery decoration, Best Selling Author & Speaker. Beyondblue, Soldier On & Australia Day Ambassador.

International

United Kingdom

[Mind](#) - UK

Provides an info line (0300 123 3393), explains post-traumatic stress disorder (PTSD), including possible causes and how you can access treatment and support. Includes tips for helping yourself, and guidance for friends and family.

[Blue Light](#) - UK

The Blue Light Infoline (0300 303 5999) offers confidential, independent and practical support, advice and signposting around mental health and wellbeing. The Infoline is just for emergency service staff, volunteers and their families, to help keep you or those you care about well for work.

United States of America

[Badge of Life](#) - USA

The mission of Badge of Life is to lessen the impacts of both stress and trauma, the latter of which can lead to posttraumatic stress disorder (PTSD) and suicide.

[Code 9 Project](#) - USA

The Code 9 project is dedicated to raising awareness as we reach out to our first responders and their families who are dealing with PTSD(post traumatic stress disorder).

Our goal is to share our stories truthfully as we educate and take the necessary action needed to demand change as we ensure that all of our first responders and their families know that they are not in this alone!

It is in coming together that we can make a real difference in the way ptsd is dealt with. we must do all that we can to eliminate the shame and stigma surrounding our first responder culture.

[Concerns of Police Survivors](#) - USA

C.O.P.S. provides resources for families and co-workers of officers who have died in the line of duty, to help them cope and rebuild their shattered lives.

Membership is free and members include spouses, children, parents, siblings, significant others, and affected co-workers of officers killed in the line of duty. C.O.P.S. has over 50 Chapters nationwide that work with survivors at the grass-roots level.

[Safe Call Now](#) - USA

Safe Call Now is a confidential, comprehensive, 24-hour crisis referral service for all public safety employees, all emergency services personnel and their family members nationwide.

Canada

[Badge of Life](#) - Canada

Safe Call Now has additionally partnered with [Badge of Life Canada](#), giving 24/7 phone support to Canadian police officers, 911 dispatchers, and civilian support staff of law enforcement related services.

Books

I Love a Cop. What Police Families Need to Know by Ellen Kirschman, 2007 (www.ellenkirschman.com)

Emotional Survival for Law Enforcement by Kevin M Gilmartin, PhD, 2002
(www.emotionalsurvival.com)

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