

Rescuers at Risk - the mental health and wellbeing of emergency services

Research advisory forum / **2019**

Wavne Ridders/The University of Western Australia

 @universitywa  @UW Aresearch





Answering the call

National Mental Health and Wellbeing Study of Police and Emergency Services

	Employees	Volunteers
Fire and Rescue	2,975	2,626
State Emergency Service	332	2,300





Answering the call

National survey of the
mental health and
wellbeing of police and
emergency services

- Webinar

[www.headsup.org.au
/training-and-
resources/webinars](http://www.headsup.org.au/training-and-resources/webinars)

- Webpage

[www.beyondblue.or
g.au/pesresearch](http://www.beyondblue.org.au/pesresearch)

Post-traumatic stress disorder

Employees and Volunteers in Fire & Rescue, and SES

PTSD



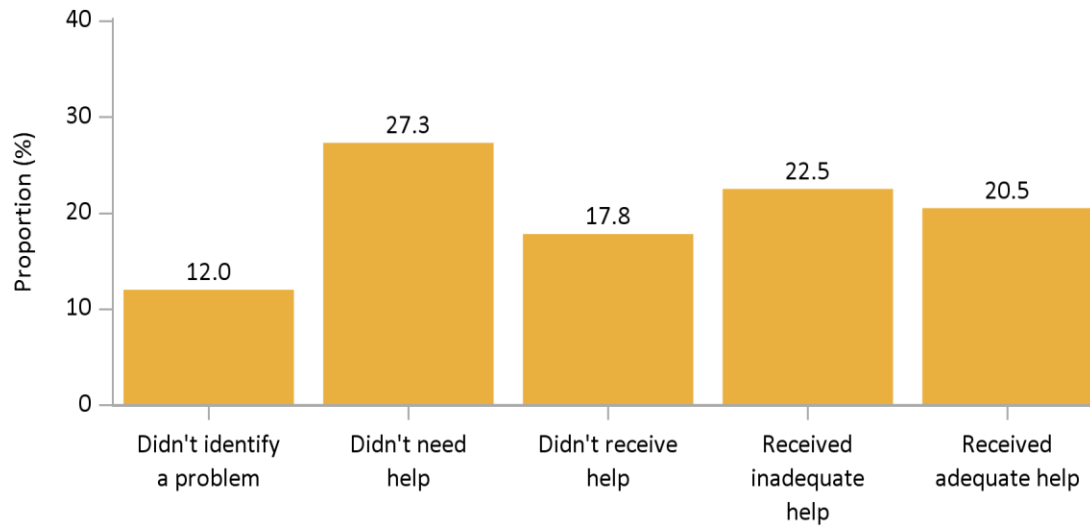
Factors affecting wellbeing



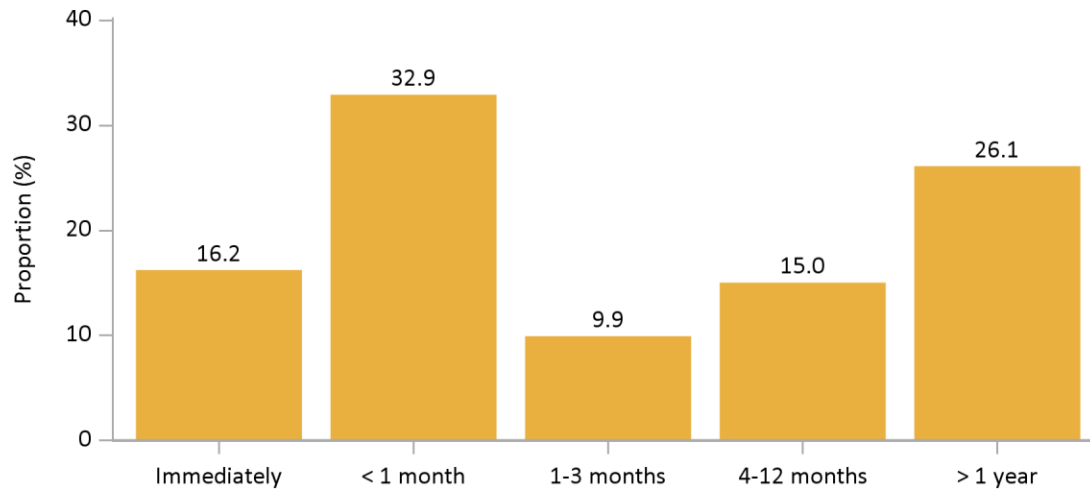
Factors affecting wellbeing



SES Volunteers with high psychological distress – help seeking



SES Volunteers – delay in help seeking



Barriers to seeking support

Those needing support (%)

Barriers

77	I prefer to deal with my problems by myself or with family/friends
54	People would treat me differently
52	It would harm my career prospects
46	It would stop me from doing operational work
46	I would be seen as weak
46	I was concerned it would negatively impact on my colleagues

Lindt Cafe police sniper to sue NSW police

AAP April 29, 2019 8:33AM

TOPICS

[Terrorism](#)

The chief sniper during the Lindt Cafe siege will sue NSW Police, alleging he and fellow officers were prevented from doing their jobs and the lives of cafe manager Tori Johnson and barrister Katrina Dawson could have been saved.

The officer, who can only be identified as Sierra 3-1, alleges in a 30-page affidavit **he has suffered psychological trauma due to decisions taken by his superiors** during the siege on December 15, 2014 in which 17 people were taken hostage.



Next steps

- PhD – ‘Rescuers at Risk’
- Beyond Blue will be conducting Phase 3B.
 - Designed to transform study learnings into purposeful actions
- All agencies offered:
 - A dedicated Beyond Blue consultant
 - Initial face to face meeting
 - Ongoing expert advice from Beyond Blue – online, on the phone, and via video link support





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