National Emergency Worker Support Service

Keeping Australia's emergency service workers mentally fit and strong.

Australia's emergency service workers and volunteers keep our communities safe, but stress and anxiety are often part of the job. Experiencing mental health challenges after a traumatic event is normal and very common — and it's treatable, too.

Confidential help is available now

Mental Health Check

Take a quick online mental health check and receive a report that identifies your symptoms and provides recommendations for support.

Clinic Sessions

Book up to 12 sessions with leading, trauma–informed clinicians via telehealth or face–to–face. Free of charge, with no Medicare or GP referral required.

Resources

Access information and resources to help manage your symptoms.

Visit our website **nationalemergencyworkersupport.org.au**

Black Dog Institute

Who is this service for?

This service is for Emergency Service Workers, active and retired, aged 18 years and over. This includes Fire, Ambulance, Police, Animal Rescue, Marine Rescue, and many other Emergency Service Workers.

What locations does it cover?

This support service is available Australia-wide. It can be accessed online, and sessions with clinicians can be accessed via tele-health from anywhere in Australia, or face-to-face in Sydney.
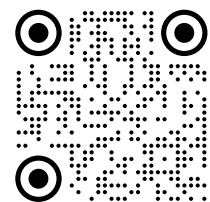
What does it cost?

Absolutely nothing. This service is funded by the Australian Government. All services, support and resources are free of charge.

Who is going to see my information?

Your responses to the online tools are anonymous and confidential. If you receive support via the clinical service, we will need to collect some personal details for our clinical records. We are committed to protecting your privacy and any personal information you provide is kept completely confidential. To see our full Privacy Policy please visit our website.

Do I need a GP referral to book a session or to use the resources?

No, you do not need a referral. If you want us to contact your GP, you can let us know when you register and we will contact them with your consent.

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