

Support Resources for First Responders & Trauma Recovery

Australia-Based Support Services

Fortem Australia (fortemaustralia.org.au)

Free counselling, wellbeing activities, and transition support for first responders and their families.

BlueHub - Victoria Police Association (bluehub.org.au)

Confidential trauma support tailored for police officers in Victoria.

Beyond Blue - Police & Emergency Services Program (beyondblue.org.au/pes)

24/7 counselling, forums, and mental health tools for emergency service workers.

Phoenix Australia (phoenixaustralia.org)

PTSD treatment guidelines and trauma-informed training for professionals.

Open Arms - Veterans & Families Counselling (openarms.gov.au)

Free, 24/7 counselling and group programs for veterans and first responders.

MESHA (mesha.org.au)

Programs and research for mental health and community reintegration.

Monarch Mental Health Group (mmhg.com.au)

Clinics across Australia offering tailored trauma treatment.

Emergency Services Foundation (esf.com.au)

Support, education, and resources for emergency service staff.

International and General Resources

Badge of Life (badgeoflife.org)

PTSD education and suicide prevention for law enforcement professionals.

The Code Green Campaign (codegreencampaign.org)

Peer support and mental health education for first responders.

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Tools for Personal Healing & Growth

The Body Keeps the Score - Bessel van der Kolk (besselvanderkolk.com)

Groundbreaking book on how trauma is stored in the body.

Smiling Mind App (smilingmind.com.au)

Free guided meditations designed for mental health support.

Insight Timer (insighttimer.com)

App with free meditations for anxiety, trauma, and PTSD.

Somatic Experiencing Directory (directory.traumahealing.org)

Find body-based trauma healing practitioners.

Find a Psychologist (APS) (psychology.org.au/Find-a-Psychologist)

Search psychologists based on area of expertise.

In Case of Crisis

Lifeline Australia (13 11 14)

24/7 phone support.

Suicide Call Back Service (1300 659 467)

Phone and online counselling.

Beyond Blue Support Line (1300 22 4636)

24/7 emotional support.

Open Arms (Veterans) (1800 011 046)

24/7 counselling for veterans and families.