

# Bushfire support services – Black Dog Institute

## Online mental health assessment with recommendations

This quick and easy mental health assessment has been designed with Emergency Service Workers and their loved ones in mind. It can be used by Emergency Service Workers/loved ones alone or in conjunction with health professionals managing their care. It will provide insights into how the user is feeling, and will give an indication of whether you are experiencing symptoms of depression, anxiety or post-traumatic stress.

[Bush Fire Support Service \(blackdoginstitute.org.au\)](https://blackdoginstitute.org.au)

### Target audience:

- ESWs and their loved ones (spouse, partner, family, friends, housemates)
- Health Professionals wanting to use and evidence-based assessment tools and resources with their patients.

## One-on-one psychological care via the Traumatic Stress Clinic at UNSW Sydney and Psychology Clinic at Black Dog Institute

Patients can access one-on-one psychological mental health care sessions, free of charge via Telehealth. The Bush Fire Support Service has been funded by the Federal Government to support Emergency Service Workers. No referral, Medicare, or GP information is required and all Emergency Service Workers and their loved ones are eligible for the service. Health professionals may also [refer patients to this service](#)

### Target audience:

- ESWs and their loved ones (spouse, partner, family, friends, housemates)
- Health Professionals wanting to use and evidence-based assessment tools and resources with their patients.

## **Evidence-based PTSD information and resources – Black Dog Institute**

A collection of evidence-based mental health resources, tools, information and advice for emergency service workers and their loved ones, where they can learn more about managing and maintaining their wellbeing into the future.

### [Bush Fire Support Service Resources – Black Dog Institute](#)

#### **Target audience:**

- ESWs and their loved ones (spouse, partner, family, friends, housemates)
- Health Professionals wanting to use and evidence-based assessment tools and resources with their patients.

## **Training for Health Professionals.**

Diagnosis and Treatment of PTSD in Emergency Service Workers is designed with a focus on GPs to diagnose patients with acute stress disorder, post-traumatic stress disorder and other comorbidities. Evidence-based guidelines will be used as the foundation to appropriately diagnose and identify treatment pathways including recommended referrals, trauma focused psychological therapy and psychological first aid to help support their management of emergency service workers. The training may also be relevant to other health professionals.

- 3-hour interactive, case-based workshop
- Delivered online via Zoom by a clinical facilitator
- Evidence-based
- Free of charge, funded by the Department of Home Affairs
- Accredited with the RACGP, GPMHSC and ACRRM

### [Diagnosis and Treatment of PTSD in Emergency Service Workers | Black dog Institute \(force.com\)](#)