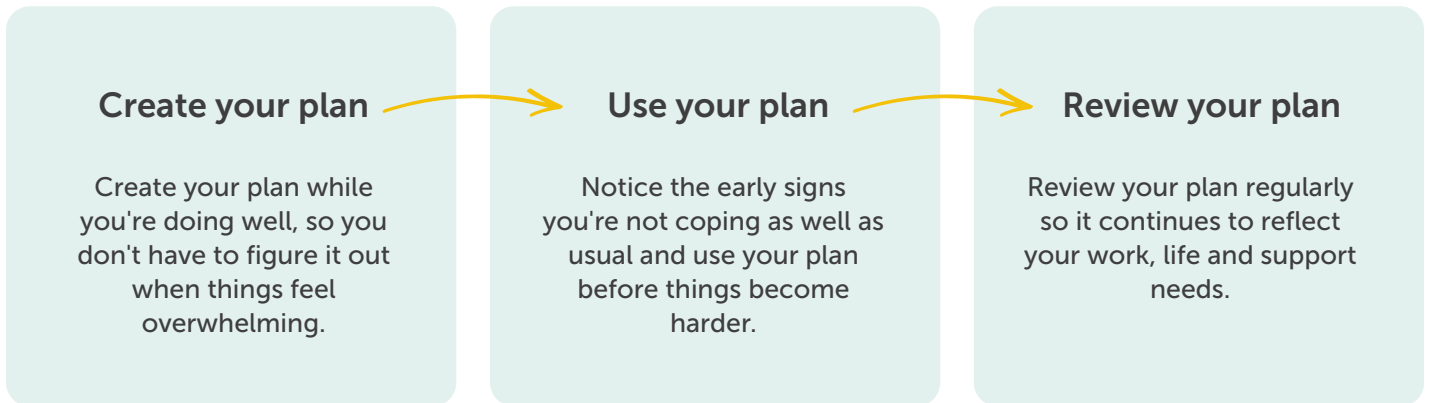


Ready: to Respond

Emergency worker mental health planning

Trauma is part of emergency service work. Over time, repeated exposure can affect your mental health. A mental health plan helps you recognise what affects your wellbeing, notice the early warning signs and know what to do before things become harder to manage.



What goes into a mental health plan?

Every plan is different, but these are some of the key areas that can help you prepare and respond when you need to.



Things that affect your wellbeing

e.g. difficult jobs, child-related incidents, fatalities, shift work, disrupted sleep



Early warning signs

e.g. feeling irritable, withdrawing from others, trouble sleeping, feeling on edge, replaying jobs after your shift



Things that help you stay well

e.g. exercise, catching up with mates, time outdoors, hobbies, getting enough sleep



Your support network

e.g. trusted colleague, partner or family member, peer supporter, GP, psychologist

Ready to create your plan?

You don't need to wait until you're struggling. Taking a few minutes to think about what affects your wellbeing, what helps, and who you can turn to can make it easier to respond when you need it. Turn the page to map it out.

My Ready: to Respond plan

A personalised mental health plan to help you recognise changes early and know what to do next.

Taking a few minutes to think through these areas now can make it easier to recognise when something's changing and know what to do next. Your plan doesn't need to be perfect – it just needs to work for you.

1. What affects my wellbeing? Think about the situations, work demands or life circumstances that can affect your mental health. These might be things related to your role, or stressors outside of work.	<i>e.g. shift work</i>
2. What are my early warning signs? Everyone responds differently to stress. Think about the changes in your thoughts, feelings or behaviour that tell you things might be becoming harder to manage.	<i>e.g. trouble sleeping, feeling irritable, withdrawing from others</i>
3. What helps me stay well? Think about the everyday habits and activities that help you recharge and maintain your wellbeing. Focus on the things that are realistic and work for you.	<i>e.g. exercise, time outdoors, getting enough sleep</i>
4. Who's in my support network? When things become difficult, who can you turn to? Think about the people you trust and feel comfortable reaching out to. It's often easier to have these conversations before you need support.	<i>e.g. partner, trusted colleague, peer supporter</i>
5. When and where will I get support? Sometimes looking after yourself and leaning on your support network is enough. At other times, professional support may be needed.	<i>e.g. GP, psychologist, EAP</i>