

# Wellbeing SUPPORT

Wellbeing Support Officers are available to all Ambulance Tasmania and DPFEM members and their immediate family, 24/7:

**SOUTH** 0429 453 689 | 0436 800 604

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**NORTH** 0436 812 038

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**NORTH WEST** 0419 126 551

Wellbeing Support Officers can assist with referrals for:

- Counselling
- Psychological support
- Transition pathways (e.g. to retirement, a new role)
- Drug and/or alcohol counselling
- Grief and loss counselling
- Accident, illness or hospitalisation
- Work related difficulties
- Relationship support
- Return to work planning and assistance



## Tasmanian Emergency Services

CISM Peers are available 24/7 to all Tasmanian emergency services workers, both career and volunteer.

For 24/7 on scene\* support and urgent notifications:

**24 HOUR CONTACT 0427 181 207**

**manager@cism.tas.gov.au | cism.tas.gov.au**

CISM Peers provide assistance, advice and referral to emergency services workers who have been exposed to traumatic incidents. The CISM Program also offers the following services:

- Assessment (phone contact by a peer)
- On scene\* support
- Defusing
- Debriefing - Group
- Debriefing - Individual
- Follow-up Assistance
- Advice to Partners, Families and Friends
- Education and Information Sessions

\*On scene support may be either at the incident site, at a demobilisation point, or at a nearby station

