



DFES General Circular No: 13/2020

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ARE THEY TRIPLE OK?

A CAMPAIGN FOR EMERGENCY SERVICE WORKERS AND VOLUNTEERS

Emergency service workers and volunteers are always there to help. So, we need to make sure that you are there to help each other and ask R U OK?

The new 'Are they Triple OK?' campaign encourages higher levels of peer and social support for current and former emergency service workers and volunteers across Australia.

It can be challenging to ask someone if they are OK, but it could be a conversation that changes the person's life. To assist you with this conversation, R U OK? have developed a number of practical resources and information guides. This support outlines:

- How conversations can make a difference
- The signs that someone might need a conversation
- Simple tools to help you have the conversation, and in particular how to respond appropriately to anyone who says, "No. I'm not OK"
- How best to manage emotional reactions during a conversation
- Useful contacts for someone who is not OK

This campaign is underpinned by the Beyond Blue National Mental Health and Wellbeing Study of Police and Emergency Services *Answering the call national survey* research findings published in 2018. Findings from 21,014 personnel reveal a workforce that is deeply impacted, both by the nature of the work that they do, and the pressures of the environments in which they work. Highlighting the need for additional support in this space.

Please visit the dedicated campaign website and download resources which feature our very own Peer Support Officers today at <https://www.ruok.org.au/triple-ok>

For more information, please contact Charlotte Hunter, Wellness Programs Coordinator on charlotte.hunter@dfes.wa.gov.au

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