



DFES General Circular No: 20/2021

File: D20000

11 February 2021

WELLNESS SUPPORT FOLLOWING THE WOOROLOO FIRES

At DFES, we all share a great commitment to looking after others. But to be our best, it is essential that we also take great care in looking after ourselves. Last week brought a sudden COVID-19 lockdown and the devastating fires at Wooroloo and surrounding areas. Situations such as these have the potential to increase feelings of stress, anxiety and negative emotional reactions and reduce resiliency.

Therefore, it is crucial that we all put strategies in place to help boost our wellbeing and seek professional help if needed. To help our employees and emergency services volunteers, we have outlined below a list of programs and support services freely available to you.

The Wellness team will also be providing assistance to those impacted who are requesting support.

PROACTIVE SELF-HELP STRATEGIES

Exercise - being active can help you build a strong body and mind, elevate your mood, reduce stress, enhance your sleep and increase your overall energy.

Healthy Eating - eating a balanced diet will provide you with the nutrition and energy you need to tackle each day. Developing healthy eating habits will help you feel positive and support your overall health and wellbeing.

Sleep - it is easy to give up sleep when you are feeling stressed, overwhelmed and have a lot on your plate, but sleep is extremely important. It allows your body and mind to rest and recharge, consolidates learning and memory.

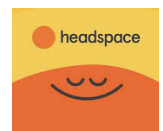
Stay Connected - being connected not only increases happiness and enjoyment it can also help reduce your stress by giving you an opportunity to problem solve, gain another perspective and look at possible solutions.

Make Time for Fun - find time for the things you enjoy, and the things that make you feel good. This is crucial for your mental and emotional wellbeing. Make it a priority!

For more information please visit the dedicated pages on the [Staff Intranet](#) and [Volunteer Hub](#).

BECOME MORE MINDFUL

Headspace Mindfulness App - Headspace is a mindfulness tool for your everyday life, designed to help you stress less, move more, and sleep soundly. See [General Circular 92 2020](#) for instructions on how to sign up for free.





Mindarma App – in the Mindarma App you will discover a range of guided mindfulness exercises which can help to relieve stress and support deep relaxation and sleep. You will also discover inspirational quotes and images, plus stories of real resilience in the Mindarma podcast.



This free app is usually only available to Mindarma subscribers but has been offered to help support you following the Wooroloo Fire. Download the Mindarma app from Google Play or the App Store. When you first open the App, you will be asked whether you are a Mindarma subscriber. DFES employees and emergency services volunteers are invited to indicate that they are subscribers, for registration purposes.

PEER SUPPORT PROGRAM

This program is a key mental health and wellbeing initiative that supports DFES employees, emergency services volunteers and their immediate family members across the State. The purpose of this program is to provide initial support and information to help build resilience and support our members as required.

Peer Support Officers:

- Act as a point of contact for initial assistance
- Provide practical and confidential support
- Offer information on how to engage with appropriate support services.

For more information and to contact a local peer support officer please visit the dedicated pages on the [Staff Intranet](#) and [Volunteer Hub](#).

FREE CONFIDENTIAL COUNSELLING (EAP)

Free confidential psychological support for work, volunteer or personal related matters that is available to DFES employees, emergency services volunteers and immediate family members. Each person is entitled to six (6) sessions per year (one year from their first session with the provider). DFES currently has two providers:

PeopleSense

Phone: 9388 9000

Free call: 1300 307 912

www.peoplesense.com.au

Martinovich Psychological Services (MPS)

Fremantle office: 9433 6559

Rockingham office: 9527 6599

Dunsborough office: 9750 5356

www.martinovichpsychologicalservices.com

For more information please visit the dedicated pages on the [Staff Intranet](#) and [Volunteer Hub](#).

For more information on any of these services, please contact wellness@dfes.wa.gov.au

NANCY APPLEBY
DIRECTOR HUMAN RESOURCES AND SAFETY