

# Psychological Wellbeing

## Keeping our people safe and WELL

Marty Fox  
Group H&S Manager



1

The mighty Holden!

Practice makes perfect

BMW 7 series vs Fiat Uno

I'M GOING TO TRY AND ACT LIKE A NORMAL, HAPPY, MENTALLY BALANCED PERSON TODAY.



2

## Policing culture change 13,000 employees

The diagram consists of a central dark blue circle labeled 'People'. This central circle is connected to four surrounding dark blue circles: 'Policy' at the top, 'Peers' on the left, 'Holistic' on the right, and 'Culture' at the bottom. A thick dark blue line forms a ring connecting these four outer circles. The background image shows a police officer in full tactical gear, including a helmet and vest, kneeling on a grassy field. A small copyright notice 'Copyright 111 Emergency' is visible at the bottom of the image.

3

## Fire and Emergency – under pressure 14,000 workers

The diagram features three interlocking red gears. The largest gear at the bottom is labeled 'Peer support'. Above it and to the left is a smaller gear labeled 'EAP'. To the right of the 'EAP' gear is another gear labeled 'Psychs'. Red arrows indicate a clockwise flow of support from 'Peer support' to 'EAP', then to 'Psychs', and finally back to 'Peer support'. The background image shows firefighters in orange gear working at a scene at night, with emergency lights illuminating the scene.

4

## ELECTRICITY DISTRIBUTION INDUSTRY



5

## Keeping yourself well – FENZ model

### **M.A.N.E.R.S.**

**M**inimise exposure

**A**cknowledge the impact of the event

**N**ormalise the experience

**E**ducate as required

**R**evue symptoms, restore or refer

**S**elf-care and self-help

FIRE AND EMERGENCY NEW ZEALAND

MARCH 2019

6

What next?



Questions?