

Peer Support Session for First Responder Partners

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You are the First Priority



Care Giver Burden

Care given burden is a real issue

Studies of partners of veterans with PTSD show:

- Distress,
- PTSD symptoms,
- Fatigue and burn out
- Mental health issues – depression, anxiety, etc

(Calhoun et al, 2002; Renshaw et al, 2011))



Barriers we face to seek help...

- Shame or humiliation
- Blame
- Loss of affection or love of partner
- Concerned about repercussions
- Family loyalty
- Not being aware of options and resources
- Impairment/ Guilt



Family Inclusion in prevention & treatment...

The benefits of family involvement in the prevention & support of a person with a mental health problem can include:

- Improved family wellbeing;
- Reduced stress;
- Reduced burden of care; and
- Improved understanding of mental illness, treatments and services

(Headspace, Position Paper, 2012)

Support services: options



<https://www.arc4ptsd.org.au/find-ptsd-help-near-you/?v=322b26af01d5>

verywellmind

<https://www.verywellmind.com/stress-from-caring-for-someone-with-ptsd-2797408>



<https://www.psychology.org.au/Find-a-Psychologist>

HelpGuide

<https://www.helpguide.org/articles/ptsd-trauma/helping-someone-with-ptsd.htm>

Family Support Services

The Orange Door (Victoria)

<https://orangedoor.vic.gov.au/>





1800RESPECT
NATIONAL SEXUAL ASSAULT, DOMESTIC
FAMILY VIOLENCE COUNSELLING SERVICE



women's legal
service victoria

Seek help:
Support services

Relationships Australia.



Code 9 -Edapp

Micro-lessons and discussion group.

Aim:

- To learn
- To remind yourself
- To share ideas with each other in a learning environment
- To refresh your memory



Access the Code9 e-learning on PTSD for first Responders and their Families

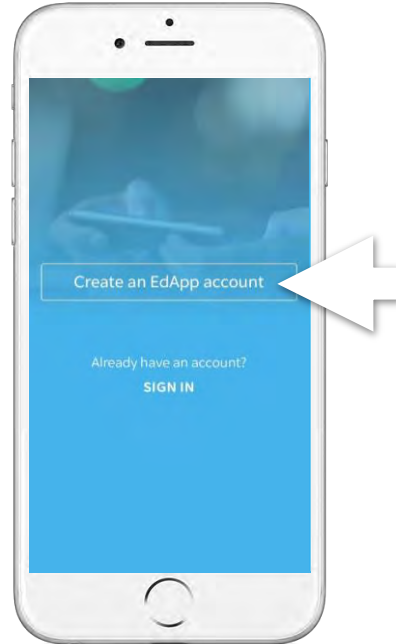
Step 1. Install the App



- Search for '**ED LMS**' in the App Store/Play Store on your device.
- Install the App

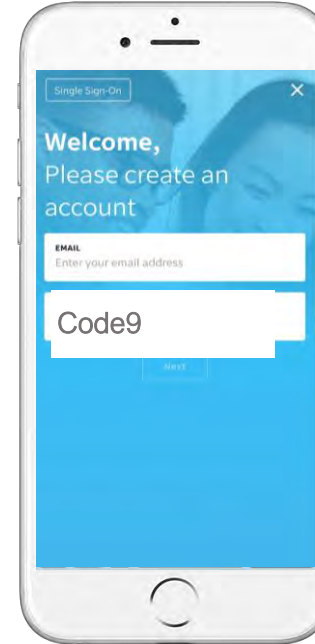


Step 2. Create an Account



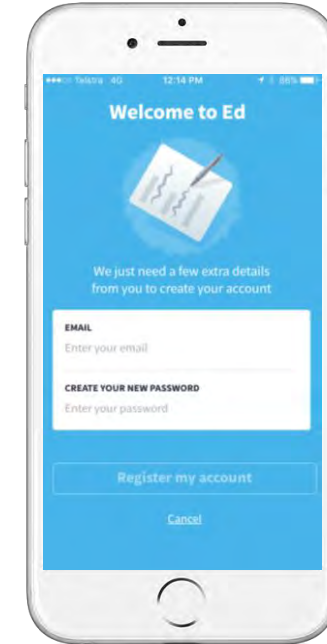
- Open the App and swipe through the introduction screens then tap 'OK' to enable notifications.
- Tap '**Create an Account**'

Step 3. Enter invite code



- Enter the invite code provided. (Lower or upper case is accepted)
- Then tap '**Go**'

Step 4. Enter details and setup is complete!



- Enter your email and create a password then select '**Register my account**'.
- Setup complete!



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