



EMERGE & SEE

# N E V E R J U S T A N U M B E R

*Referral  
Guide for  
Organisations*

**Support- Connect- Empower**

[emergeandsee.org.au](http://emergeandsee.org.au)



*Are you an Organisation that  
deals with Emergency Service  
workers with PTSD?*

If your organisation regularly deals with Emergency Service Workers (serving or retired) with PTSD or other occupational mental health issues (symptomatic or diagnosed) you can refer your clients to Emerge & See so we can provide continuous and ongoing support and guidance from injury to recovery

*Why refer to Emerge & See?*

Navigating PTSD can be very challenging and unique for Emergency Service Workers. Their diagnosis often comes with feelings of shame and hopelessness, loss of identity, connection, and loss of purpose. We help guide and support our members through our 4 key areas of assistance and Emerge Model. Ensuring that they are never alone.

**You can refer to us by completing the  
attached referral form**

[emergeandsee.org.au](http://emergeandsee.org.au)

# Did you know?

**Every 6 weeks one Police Officer, Paramedic or Fire Fighter is taking their own life**

**Did you know.....4% of Australian adults will experience PTSD in their lifetime. That number increases to up to 11% for Emergency Service workers. Nearly 3 times the rate of ordinary Australians.**

**Since 2012, 1646 NSW Police Officers have been medically retired with mental health/PTSD-related issues. The number has increased by 369% since 2013.**

## About Us

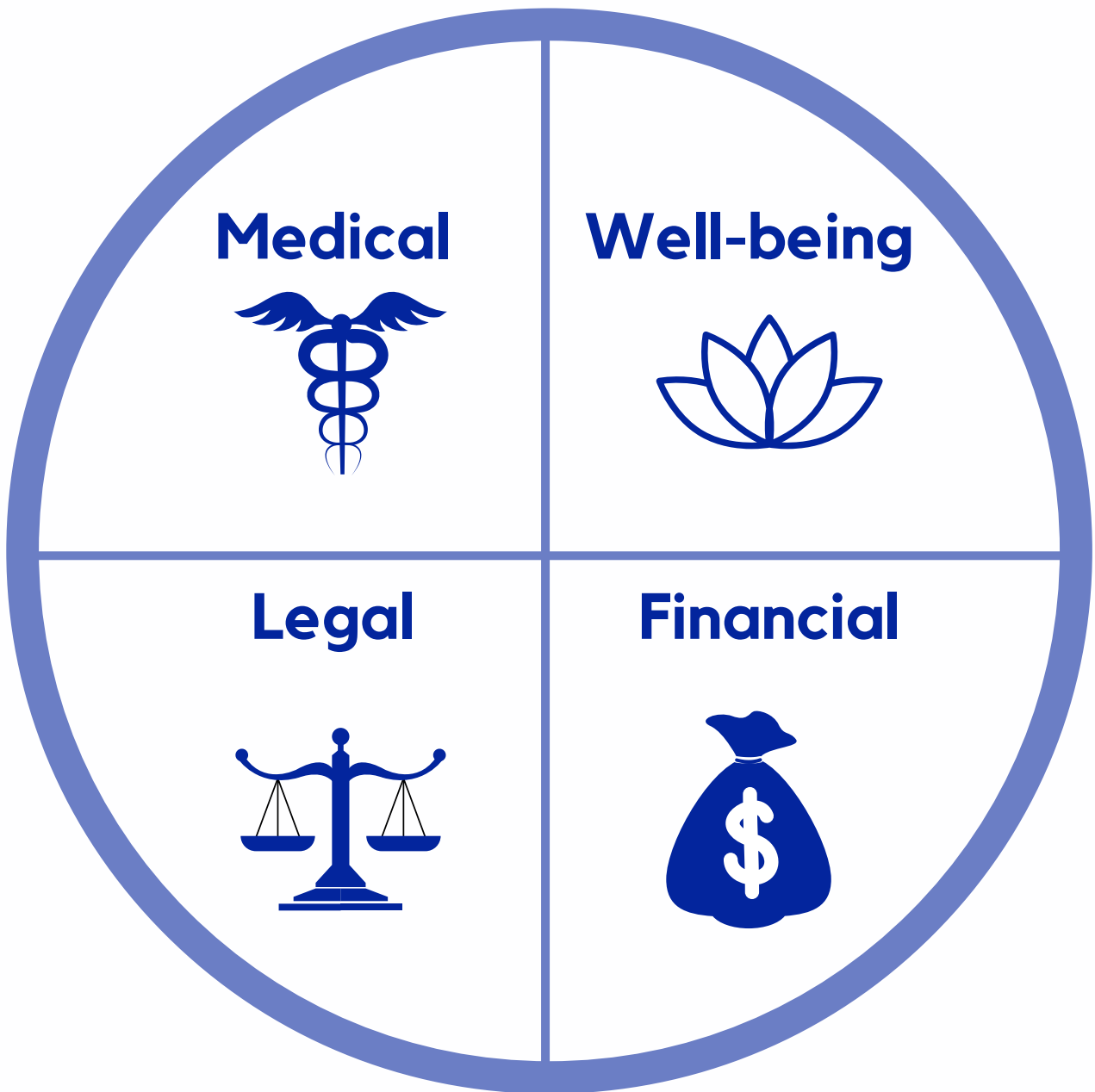
**Emerge & See Ltd is an Australian Registered not-for-profit Charity run by medically retired Emergency Service Workers with a lived experience of PTSD. We guide and support Emergency Services Workers (serving and retired) with PTSD (symptomatic and diagnosed) from injury to recovery.**

**There is currently no other independent and confidential Government, NGO, Charity or Organisation that specifically supports and guides NSW Emergency Service workers with PTSD.**

**Emerge & See provides guidance and support to Emergency workers and their families throughout NSW, specifically in the areas of Law, Finance, Medicine and Well-being.**

[emergeandsee.org.au](http://emergeandsee.org.au)

# Areas of Assistance



# Our Emerge Model

**EFFECTIVE MEDICAL TREATMENT**- Our main priority is to ensure that our members are aware of, and have access to appropriate and effective medical treatment as early as possible

**MATESHIP**- Building positive social connections with people who have the same shared experiences, through organised activities and events

**EMPOWERMENT** - Sharing tools, information, and resources to help our members become stronger, helping them find purpose again, and reminding them that they are #neverjustanumber

**REFERRALS** - We have an extensive network of providers in the key areas of Law, Medicine and Well-being to help in all aspects of injury and recovery

**GUIDANCE** - And support will always be offered by us throughout our members journey so that they will never be alone

**EDUCATION** - Offering educational and inspirational learning to navigate through injury and into recovery

# What we do

**We act as a referral service to provide ongoing and continuous support to NSW Emergency Service Workers with PTSD and other occupational mental health related issues and their families from injury to recovery**

**Host virtual Seminars in the areas of Law, Medicine, Finance and Well-being**

**Face-to-face seminars and learning days**

**Connection based activities with members**

**Coffee and walks each month**

**Mastery Experiences- Exposing our members to new experiences in a safe and controlled environment to help them build mastery and confidence**

**Provide one on one support and guidance**

**Link our members with various external organisations and businesses to help them from injury to recovery**

**Encourage community awareness of the prevalence of mental health issues in Emergency Service workers**

**Advocate for Organisational/Departmental and Government change in this area**

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# What we are

**Independent**

**Confidential**

**A support and guidance network built from lived  
experience**

**Australian Registered not-for-profit Charity**

**Present and future-focused**

**Plan Focused**

**Recovery driven**

**Positive**

**Supportive**

**Encouraging**

**Understanding**

**Passionate**

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# What we aren't

Affiliated with any Emergency  
Service Organisations or Insurance Companies

Psychologists/Psychiatrists  
Therapists/Counsellors

A crisis intervention provider

A platform for blame or anger

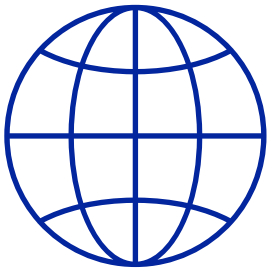
Living in the past



Want to know more  
about us?



**EMERGE & SEE NSW / EMERGE FIT & WELL**



**EMERGEANDSEE.ORG.AU  
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