

[View this email in your browser](#)



**PROTECT  
EMERGENCY  
VOLUNTEER  
MENTAL  
HEALTH  
DAY  
15th MAY**

**A PART OF NATIONAL VOLUNTEER  
WEEK 15-22 MAY**



**EMERGE & SEE®**

**DONATE NOW** [EMERGEANDSEE.ORG.AU](https://EMERGEANDSEE.ORG.AU)

**PROTECT EMERGENCY VOLUNTEER  
MENTAL HEALTH DAY**

**15 MAY 2023**

A part of National Volunteer week 15-21 May 2023

# SOCIAL MEDIA CAMPAIGN

Researchers from Edith Cowan University released findings from a study examining the effects of the devastating 2019/20 Black Summer bushfires on the mental health and well-being of Australia's incredible emergency workers.

**Of the nearly 65,000 responders who helped during the Black Summer bushfires, 78% were volunteers. The data from the study revealed that 5.5% of volunteer firefighter participants had made suicide plans in the year following the fires. Nearly half reported living with post-traumatic stress symptoms such as flashbacks, nightmares and anxiety, with 11% having been diagnosed with post-traumatic stress disorder.**

Despite the significant impact on participants' well-being, less than half had sought mental health support. The emotional and mental effects of overexposure to trauma cannot be underestimated.

A 2021 Surf Life Saving study into the mental health of adolescent surf life saver and lifeguards aged 13-17 by Central Queensland University also show SLS exposure to trauma and the correlation with higher indicators of PTSS (precursor for PTSD)

And with Beyond Blue reporting that one in three Emergency Service volunteers have been diagnosed with a mental health condition and those volunteers have twice as many suicidal thoughts as adults in the general population, the need to address this situation is urgent.

**Emerge & See wants this to change.**

## HOW CAN YOU MAKE A DIFFERENCE?

### As a community member

You can show ES volunteers how much you value them by choosing a profile picture or banner on Facebook, Instagram, Twitter, or LinkedIn and show every ES volunteer that you support them. Simply save the image below and update your socials. On your mobile device just hold on the image and save

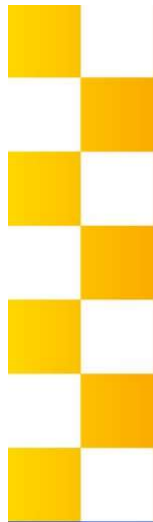
to photos or right click and save. For all social media options using the button below




[DOWNLOAD MORE SOCIAL MEDIA ICONS HERE](#)

## As an Emergency Volunteer

You can show the community who you are and the value you add to their lives by choosing a profile picture or banner on Facebook, Instagram, Twitter, or LinkedIn and show every ES volunteer that you support them. Simply save the image below and update your socials. On your mobile device just hold on the image and save to photos or right click and save. For all social media options using the button below



**I PROTECT  
YOU,  
YOUR FAMILY,  
YOUR HOME  
& YOUR COMMUNITY  
AS A VOLUNTEER.  
HELP PROTECT  
MY MENTAL HEALTH.**



**EMERGE & SEE®**

**DONATE NOW** [EMERGEANDSEE.ORG.AU](https://EMERGEANDSEE.ORG.AU)



**I PROTECT  
YOU,  
YOUR FAMILY,  
YOUR HOME  
& YOUR COMMUNITY  
AS A VOLUNTEER.  
HELP PROTECT  
MY MENTAL HEALTH.**



**EMERGE & SEE®**

**DONATE NOW** [EMERGEANDSEE.ORG.AU](https://EMERGEANDSEE.ORG.AU)

[DOWNLOAD MORE SOCIAL MEDIA ICONS HERE](#)

---

**DONATE TO HELP PROTECT THE  
MENTAL HEALTH OF EMERGENCY  
VOLUNTEERS**

**THE IMPACT YOU CAN MAKE**

**\$10**

**HELPS 1 VOLUNTEER  
CONNECT WITH  
PEERS**

**\$50**

**HELPS 1 VOLUNTEER  
ENGAGE IN A  
WELLNESS  
BASED ACTIVITY  
LIKE BREATHWORK &  
SURF THERAPY**

**\$100**

**HELPS 10 ACTIVE  
VOLUNTEERS  
RECEIVE MENTAL  
HEALTH EDUCATION  
SESSIONS**

[DONATE HERE](#)



# VOLUNTEERS WE SUPPORT



SURF LIFE SAVING  
NEW SOUTH WALES



Thank  
you!

*Alana & Pia*



0491 020 061

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe](#)

Grow your business with  **mailchimp**