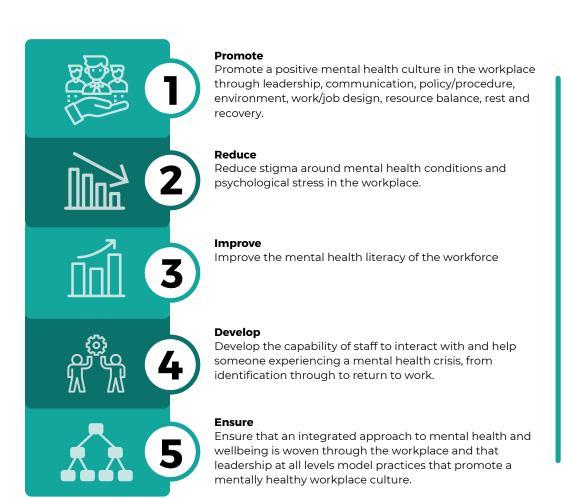
## Mental Health and Wellbeing Strategy





To pro-actively provide and strengthen effective leadership across CAA member ambulance services to significantly reduce the likelihood of psychological harm to staff due to workplace factors.



## **Best Practice** Implement examples of best-practice and effective initiatives between services e.g. the Beyondblue guide for first responders. Seek Seek internal/external specialist expertise to achieve improved mental health and wellbeing outcomes for the workplace. Collaborate Collaborate to ensure staff, during each phase of their career have adequate self-awareness, knowledge and support in relation to managing their personal mental health and psychological stressors. **Early Notification** Implement systems that provide the service with early notification of potential psychological harm realted risk. Collect, monitor, and respond Collect, monitor, and respond to data that evaluate the

mental health and wellbeing of the workforce and the

possibility of psychological harm occuring.