



## POLICE ASSOCIATION OF NEW SOUTH WALES

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# PTSD: Protecting Police

The Police Association of NSW (PANSW) has welcomed today's launch of world first [guidelines](#) for the treatment and diagnosis of post-traumatic stress disorder (PTSD) in frontline emergency workers, at Parliament House by NSW Minister for Mental Health, Pru Goward MP and Parliamentary Secretary for Emergency Services, Daryl Maguire.

Police Association President, Scott Weber, said, "It's an unprecedented time for Police on the job, working in a constantly changing environment and confronting heightened risks.

"It's crucial, not only for them but also their families and the community, for police to have the skills to assist them to manage in both their professional and personal lives. That is why PANSW congratulate the great work of the NSW Government, Employers Mutual Limited (major sponsor) and the Black Dog Institute.

"The job can exact a heavy price and we need to acknowledge that policing can take a toll on officers' emotional well-being. We need to protect the protectors.

"We have been working with the NSW Police Force (NSWPF) for a number of years to develop resources and implement programs to support those whose job it is to protect the community.

"In partnership with the NSWPF, we have coordinated visits to Australia from Dr Kevin Gilmartin, a behavioural scientist and the author of *Emotional Survival for Law Enforcement*, who has worked in U.S. law enforcement for 20 years.

"Dr Gilmartin is the 'go to' expert and consultant to several U.S. and Canadian law enforcement agencies, a guest instructor at the FBI Academy in Quantico and US Marine Corps veteran.

"In his presentations delivered around the state to NSW Police officers, he has provided strategies for emotional survival and staying resilient and engaged in productive police work.

"The welfare of police is imperative and the PANSW Career and Resilience Education (C.A.R.E.) program has been designed to provide practical skills to build capacity and hardiness among our members. The platform on which the program is based is 'Building strength through awareness'.

"Also through the Reconditioning Program, the NSWPF is achieving substantial results in getting officers fit, healthy and back to work.

"We support targeted initiatives to assist police suffering from PTSD and especially programs that help in the prevention of PTSD – police are deserving of no less."

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PRESS RELEASE