

WELLNESS SUPPORT

GETTING BACK ON TRACK

THERE'S PLENTY OF SUPPORT TO HELP YOU SUCCEED

Getting and staying well is about being in good health, connecting with family, being actively engaged in treatment and working towards having a healthy and fulfilling life.

Your Injury Management Advisor, EML Case Manager and Treating Providers works together to help you recover and return to work safely when you are ready. If career transition may be an option for you, speak with your support team about further services specially aimed at supporting career transition and career development.

HEALTH & WELLBEING PROGRAMS

PROCARE GROUP

ENGAGE PROGRAM

Achieve your goals supported by qualified practitioners. Goals may relate to family, physical and self-care, recreation, education and work.

The Engage program helps you achieve independence, autonomy and a return to life activities.

📍 **NSW**
 ✉ info@procaregroup.com.au
 🌐 <https://www.procaregroup.com.au/people>

PRESTIGE HEALTH SERVICES AUSTRALIA

The program is delivered by senior allied health professionals with extensive experience supporting individuals with psychological injury / illness to identify and achieve their health, social and vocational / work goals. The goal of the program is to support the participant to achieve optimal independence at home, in the community and when ready and able at work.

📍 **National (excluding NT)**
 ✉ info@phsa.com.au
 🌐 <https://www.phsa.com.au/>

PINNACLE REHAB

HEALTH AT HOME

Assists with planning for return to home and the community following a hospital stay, with a well-structured plan for recovery.

📍 **National**
 ✉ admin@pinnaclerehab.com.au
 🌐 <https://www.pinnaclerehab.com.au/>

EXERCISE

Exercise benefits health and mental wellbeing. These three providers all deliver the following:

- Evidence-based treatment strategies
- Goal-setting focused on function
- Mobile services
- Encouraging independence

EXPHYS - HEALTH FOR LIFE AND WORK

📍 **National**
 ✉ info@exphys.com.au
 🌐 <https://www.exphys.com.au/>

PEAK CONDITIONING

📍 **National**
 ✉ admin@peakconditioning.com.au
 🌐 <https://www.peakconditioning.com.au/>

GUARDIAN EXERCISE REHABILITATION

📍 **National**
 ✉ admin@guardianexercise.com
 🌐 <https://guardianexercise.com.au/>

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we help people get their lives back

OTHER SUPPORT

PROGRESSIVE GOAL ATTAINMENT PROGRAM (PGAP)

The Progressive Goal Attainment Program (PGAP) aims to reduce disability associated with pain, depression, PTSD, cancer and other chronic health conditions. Features:

- Evidence-based 10-week program
- Scheduled, structured daily life activities
- Delivered by PGAP-trained rehabilitation consultants

📍 NSW
✉ info@procaregroup.com.au
✉ rehab@ipar.com.au
✉ admin@peakconditioning.com.au

KOOKABURRA KIDS

The Australian Kookaburra Kids Foundation supports kids aged 8-18 years, living in families affected by mental illness.

The program provides evidence-based, age appropriate prevention and early intervention mental health services. Kids attend camps and fun activity days and have the chance to meet new friends.

📍 NSW
✉ info@kookaburrakids.org.au
🌐 <https://kookaburrakids.org.au/>

HAPPY PAWS HAPPY HEARTS

Provides a rewarding experience preparing shelter dogs, puppies, cats and kittens for adoption and wildlife for return to their natural habitat. Participants:

- Study online and can work as a team in shelters
- Care for and train animals (no prior experience required)

📍 NSW
✉ hello@hphhfoundation.org
🌐 <http://hphhfoundation.org/>

BACKUP FOR LIFE - WELLBEING WORKSHOP

BACKUP for Life offers workshops for transitioning/former police and their immediate families.

The Holistic Health and Wellbeing Program is designed to:

- Develop a greater understanding of yourself and your circumstances
- Learn how to move beyond the traumas you may have experienced and build your self-confidence and coping skills
- Gain insights and move forward with your life
- Support you and your family

📍 NSW
✉ backup@policelegacynsw.org.au
🌐 <https://www.policelegacynsw.org.au/what-we-do/backup-for-life/>

BACKUP FOR LIFE - MENTORS

A mentor is a former officer who has a lived experience and can be a trusted advisor. Mentors:

- Provide support during recovery and transition to work
- Give appropriate help and support to someone who is experiencing a mental health issue
- Family Mentors assist families of former and transitioning police

📍 NSW
✉ backup@policelegacynsw.org.au
🌐 <https://www.policelegacynsw.org.au/what-we-do/backup-for-life/mentoring-program/>

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