



ESF IMPACT

newsletter

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A GREAT RESOURCE

"It is great to have an independent collection of useful resources and information to support the mental health and wellbeing of emergency service workers in the one place. I will be referring to the ESF Knowledge Hub regularly to find information and relevant references when writing reports and developing and expanding on our mental health and wellbeing initiatives."

Sophie Barrett, Manager, VACU Wellbeing and Support Services, Ambulance Victoria



ESFs Learning Network connects emergency management organisations and subject matter experts to share ideas and insights about improving the mental health and wellbeing of staff and volunteers across the sector.

The ESF Learning Network is currently co-designing an innovative program to develop frontline managers to lead in a way that promotes mentally healthy workplace environments. A cross sector trial will take place and be independently evaluated. The Learning Network is also focused on barriers to helpseeking and aims to better understand what will encourage people to seek help early to prevent more serious mental illhealth.

Supported by 
WorkWell

Mental Health Knowledge Hub

The Emergency Services Foundation (ESF) have developed a new online Knowledge Hub to bring together, in one place, a curated and independent selection of mental health and wellbeing information and resources relevant for individuals and organisations across the sector.

Material in the Knowledge Hub has been sourced from research institutes, peak bodies, government departments and emergency service agencies. Data and resources have been selected for their quality, strong evidence base and relevance to the unique working environment of the sector.

The [Knowledge Hub homepage](#) sits on the ESF website. The individuals tab links to tools and tips for those who work in emergency management and will assist people to look after their own wellbeing, and to effectively look out for those around them. The organisations tab links to resources to inform the development of strategy and initiatives that address workplace factors known to impact mental health and wellbeing.

The Knowledge Hub was developed in response to requests from members of the ESF Learning Network for information. It aims to arm people with evidence and knowledge to inform strategic thinking, drive good practice and improve outcomes. This unique resource is an Australian first that ESF will continue to expand.

The Knowledge Hub has been established as part of the ESF Learning Network which is supported by WorkSafe's WorkWell Learning Networks program



better together