



FIRST RESPONDER PTSD PREVENTION PROGRAM



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When we feel weak,
we drop our heads
on the shoulders of
others. Don't get mad
when someone does
that. Be honored. For
that person trusted
you enough to, even if
subtly, ask you for help.

Lori Goodwin

WHAT'S THE PROBLEM?

Poor mental health and low emotional intelligence creates unproductive workforces, unreliable employees, and suicides. There is nothing more important than having positive mental health and emotional intelligence in any workforce and more so for the workforce that we trust and rely upon to keep us safe: The Police Force.

Specifically, Police are called upon to deal with situations that no other frontline demographic deals with as the LEAD. No other emergency service or frontline service can attend a scene until it is made safe. Should another emergency service attend in the first instance, it is still the Police that take command and are ultimately responsible. Standing in the dock in a courtroom, a Police Officer's EVERY decision, sometimes made under extreme circumstances, are placed under legal and public scrutiny. This pressure is immense.

Added to this pressure are the traumatic situations that Police Officers are primarily called to that involve violence and death. Threat of violence and death in civilian society are placed squarely on the Police Officer DAILY.

It is this understanding that Kick On bases this proposal on and the level of respect that Kick On has for the men and women of our First Responders cannot be expressed adequately.

The problem is how do we achieve and maintain support for our front-line officers who are subjected to a lot more trauma and stress than the average person will ever endure? And how do we deliver this information in a way that actually gets through the walls we all put up?



HOW CAN WE HELP?

We have developed a series of presentations delivered by experts in the field all with a plethora of experience both in, and out of uniform.

This is not your usual “death by power point” presentation. This life saving information is delivered with enthusiasm and black humour. We tie in with your in-house systems and support to strengthen your existing safety net.

This presentation has broader follow up options to build off as well as take home material for any attendees in the form of the next stages of the presentation and free e-books.

Kick On will provide a powerful 40-minute presentation with presenters who have experience in the police, military, close protection, paramedics and aid-work, and lived experience of PTSD recovery. In the session, we cover:

- A true definition of PTSD
- PTSD delivered in a language that can be understood
- How PTSD can affect First Responders
- How PTSD can actually be a POSITIVE in the right understanding and framework
- Strategies for wellness in the job

The presentation will be opened with a disarming video endorsing our presenters from Goldcast speaker and ex police officer Dion Jensen.

All participants receive FREE copies of Dion Jensen’s clinically endorsed books – The Good News About PTSD and The VIP of Mental Health. Digital copies of Lisa Westgate’s and Graeme Bint’s e-books are also available for a small fee. We also supply links to further help and reading.

Contact us today to find out more about how we can help you support your people to enjoy better mental health and develop the skills to support each other on the frontline.



Start a conversation

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