



Who can I talk to confidentially?

Comparison Table: Member Wellbeing Support Services for QPS Members

	Service	Who are they?		How To Access	Who is Involved	Costs
Internal Services	Peer Support Officer (PSO)	QPS sworn and unsworn Members	PSOs are specially trained members who volunteer their time to assist and support colleagues experiencing personal and work-related difficulties.	Email or phone a local PSO .	Member, PSO	Free
	Chaplain	Professional faith-based caregivers	Chaplains are external contractors, providing confidential 24/7/365 care and support for current and former QPS members, their partners and children experiencing personal or work-related difficulties.	Email or phone your local Chaplain	Member, Chaplain	Free
	Member Wellbeing	QPS Senior Social Workers and Senior Psychologists	Previously known as Senior Human Services Officers (HSO), internal counselling and organisational consultancy program to enhance member wellbeing and reduce risk of psychological harm in the workplace.	Email or phone your local QPS Senior Social Worker or Senior Psychologist	Member, QPS Senior Social Worker or Senior Psychologist	Free
	1800 ASSIST	Psychologists/ Counsellors	Short-term external counselling service available to current QPS members, their partners and children and retired QPS members.	Phone 1800 ASSIST (1800 277 478)	Member, 1800 ASSIST Service Provider	Free
	1800 4QPS DFV	Psychologists/ Counsellors	Free external helpline for members and family members experiencing family and domestic violence.	Phone 1800 4QPS (1800 4777 338)	Member, 1800 4QPS Service Provider	Free
External Services	<i>equipt</i> app	App	Free wellbeing app for current and former QPS members and their families.	Download from App Store or Google Play	Member	Free
	Early Intervention Treatment Program EITP	Psychologist or Psychiatrist	Available to members experiencing psychological/psychiatric symptoms related to either work or personal events. Injury Management Advisor (IMA) organises payment of bill with external provider.	Contacting your local QPS Senior Social Worker or Senior Psychologist or IMA	Member, QPS Senior Social Worker or Senior Psychologist and IMA	QPS subsidises 3 sessions to Q Comp rates.
	Mental Health Treatment Plan	Social Worker, Psychologist, or Psychiatrist,	Treatment strategy prepared by a GP with you, reviewing your mental health needs and goals, and outlining treatment options	Visit your personal GP	Member, GP, Private Mental Health Care Provider	Subsidised by Medicare Member may have to fund cost
	Private Mental Health Care Provider	Personal choice of Member	You may choose to find and utilise a mental health care provider that falls outside the previous options.	Sourced personally by the Member	Member, Private Mental Health Care Provider	Private health insurance may apply Member funds cost

While it may be recommended you contact a service, all options are voluntary. For more information about the options, please visit the Member Wellbeing Resources Page - <https://qpsnet.qldpol/spp/etc/sr/sw/ew/pages/WellbeingResources.aspx>