# MENTALHEALTH STRATEGY 2023-2027





### **Our Commitment**

The RFS is committed to supporting the mental health and wellbeing of our members. This is why we've developed our Mental Health Strategy - to provide a roadmap for action over the next five years to achieve our goal of a mentally healthy environment where our members can thrive.

The Strategy has been shaped by an integrated Mental Health Model (Prevent, Promote, Respond, Recover) which aligns to industry best practice and the needs of our members.



# How will this help members?



We will increase accessibility for members and their families and clearer pathways to mental health support.

We will have an organisational focus on identifying and managing mental health risks to protect our members.



One RFS or contact the Mental Health

Services team. Scan here for more details:

We will build the capability of leaders to support their own mental health and the mental health of their teams.





We will improve our injury management processes to better support members in their recovery.



Read the entire Mental Health Strategy on

We will provide more

health training and education including

suicide awareness

opportunities for mental

programs for members.



STRATEGIC OBJECTIVE 1

STRATEGIC OBJECTIVE 2

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# **OBJECTIVE 1**

#### **Helping Our Organisation Be Well**

Creating better systems, processes and programs to protect members' mental health

# **OBJECTIVE 2**

#### **Helping Our Leaders Lead Well**

Providing our leaders with the support to foster a mentally healthy environment

## **STRATEGIC OBJECTIVE 3**

#### **Helping Our Members Stay Well**

Equipping our members with the right knowledge, skills and abilities to take care of their mental health and the mental health of others

### **STRATEGIC OBJECTIVE 4**

#### **Helping Our Members Return to Well**

Strengthening and uniting our services to provide the best mental health support for our members

