

3. Eight Live Services

“Our ambition is for everyone who works in policing to understand how to build personal resilience, feel confident they can speak up when things aren’t going well, and to get the best personalised support possible when they do.

We will ensure that every force has access to the best guidance and support so that they can provide top class wellbeing support for everyone who works for them.”

Promote

Executive Leadership

Providing workshops, materials, toolkits and an online network to build the skills and abilities of senior and executive leaders in relation to wellbeing.

Line management

Providing training, workshops, materials, toolkits and support for line managers in relation to the monitoring and management of stress and psychological risk.

Wellbeing at Work

Continued analysis of and feedback from the Blue Light Wellbeing Framework, regional workshops to share best practice, providing a network for practitioners and signposting to online resources for physical fitness and mindfulness for example.

Individual Resilience

Providing training, workshops, materials, toolkits and support to help people build and improve their own resilience.

Psychological Screening

Providing a role risk assessment tool and guidance on screening and monitoring and a suite of psychological screening questionnaires.

Outreach service

A series of bespoke ‘wellbeing vans’ will be deployed to police stations providing physical, psychological and financial health checks for officers and staff. This will also allow forces to promote their own local wellbeing services and offers.

Peer Support

Helping forces to implement a strong and robust peer support model, providing toolkits, guidance and materials based around evidence based approaches and clinical expertise.

Trauma, Post Incident support and Disaster Management

Building organisational capability, individual resilience and developing both early intervention models and post-trauma interventions.

Prevent

Detect and support

Treat and recover

Access our resources and join in the wellbeing conversation today

#policewellbeing

www.oscarkilo.org.uk