



# 1. The National Police Wellbeing Service

## Our purpose

Is to deliver evidence-based approaches that **promote, prevent, detect** and **treat** workplace health issues known to impact on employee wellbeing including physical, psychological and societal elements.

## How

We'll do this by offering practical support for forces in eight key areas:

Dealing with trauma, major incidents and disaster resilience

Psychological screening

Individual resilience

Peer support

Line management

Leadership

Wellbeing at work (How your force is using the Blue Light Framework)

Outreach services

– The Wellbeing Vans –

Bringing your wellbeing services to you.

## Future

We're also developing work in the following areas:

Occupational Health Service minimum standards

Medical and physical fitness standards

Suicide prevention strategy

HR Policy review

Work with NHS to tailor services for police personnel.

We will ensure that every police force has access to the best guidance and support possible.

Access our resources and join in the wellbeing conversation today

#policewellbeing

[www.oscarkilo.org.uk](http://www.oscarkilo.org.uk)

