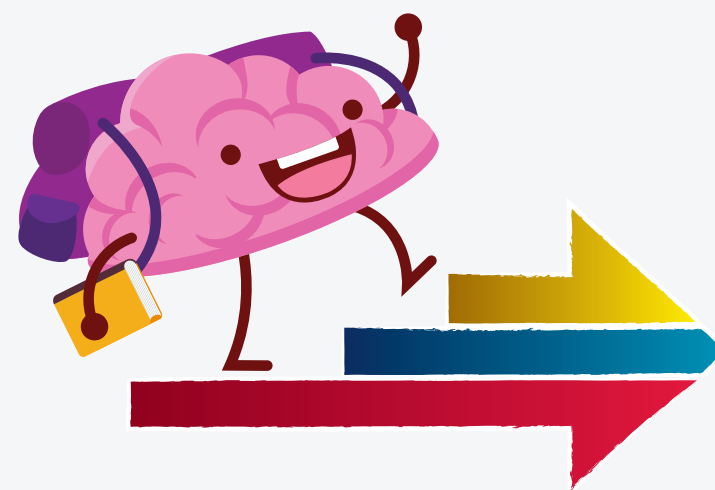
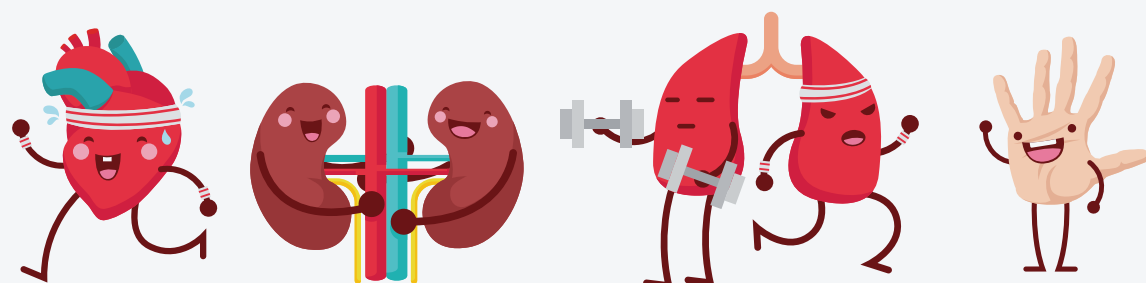


# Wellbeing support for CSNSW Staff



Promoting, protecting and supporting your mental health and wellbeing.



## Peer Support Officers

CSNSW employees who are trained and volunteer their time to support colleagues.



## RAW Mind Coach

Online resilience training program tailored for CSNSW staff.



## Free health checks and coaching

Targeted assistance for CSNSW staff and workplaces to improve key health outcomes to create healthier workplaces.



## Employee Assistance Program

Free counselling service available to all CSNSW employees and their families.



## Stand T.A.L.R

Face to face mental health awareness training session for staff specific to the corrections environment.



## Nutrition and healthy eating

Practical information to help you eat a healthy diet and make positive lifestyle choices.



## Chaplaincy

On the spot and confidential support during times of stress, illness, grief, relationship problems, and during critical incidents including suicide.



## Alcohol Tobacco & other Drug Counselling

Specialist HR Advisor who can provide alcohol and drug counselling and support.



## Specialised Training

### Resilience and Mental Toughness

One day training course to build resilience and mental strength.



## Welfare Officer

Dedicated role co-sponsored by the Public Service Association and CSNSW and available to all staff.



## Fitness Passport

CSNSW staff and their families can gain access to over 500 gyms and swimming pools for a discounted rate.

### Mental Health Awareness

Two-day course to increase understanding and of mental health disorders, including symptoms and associated behaviour.



Click any of the icons to find out more.

