



# EMERGE & SEE<sup>®</sup>

SUPPORT · CONNECT · EDUCATE · EMPOWER

FIT FOR SERVICE | FIT FOR FAMILY | FIT FOR SELF | FIT FOR LIFE

Emerge & See is an Australian registered not-for-profit charity that supports, connects, educates and empowers NSW & ACT Emergency Service Workers and their families with PTSD and other service-related mental health complexities.

- Available to serving and retired Emergency Service Workers across NSW & ACT
- Free - Independent - Confidential
- Founded and run by medically retired Emergency Service workers with living experience
- Free online and face to face education and empowerment sessions
- Free online and face to face wellness and connection activities
- Free individual and group guidance, support, resources and referrals specifically in the areas of

LEGAL

MEDICAL

WELLBEING

FINANCIAL

- Free services across NSW & ACT including regional and remote areas
- Advocacy to promote and affect change that is underpinned by the voice of living experience that improves the mental health of NSW and ACT Emergency Service workers.

*'Helping Emergency Service workers emerge & see a better future'*

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