



Men's Health Week

Mental Health Matters – Let's Talk About It

For Tasmania's Emergency Services Personnel

When you're the one others turn to in crisis, it's easy to forget to check in on your own mental wellbeing. But behind the badges, boots, and keyboards are real people facing real pressures. During Men's Health Week, it's time to prioritise your own mental health.



The Mental Load of the Job

Working in emergency services means being there for others – in moments of stress, trauma, danger, and uncertainty. Even office-based roles can carry the weight of operational pressures, constant demands, and high expectations.

Over time, this can lead to:



Burnout



**Fatigue and
sleep disruption**



**Mood changes
or withdrawal**



**Anxiety, irritability,
or feelings of
hopelessness**



**Difficulty
concentrating or
making decisions**

These are not signs of weakness – they're signs of being human under stress.

Mental Health in Australian Men – The Reality

According to Beyond Blue:

- **1 in 8 men** will experience depression
- **1 in 5 men** will experience anxiety
- Men are **less likely** to seek help – but **more likely to die by suicide**

These stats are especially relevant in high-pressure environments like emergency services.

Looking after your mental health is just as important as your physical safety gear.

Signs It Might Be Time to Talk to Someone

- You feel tired all the time or struggle to sleep
- You've lost interest in things you used to enjoy
- You're withdrawing from family, friends or colleagues
- You feel angry, numb, hopeless, or overwhelmed
- You're using alcohol or other substances to cope
- You're struggling to focus or stay motivated
- You're having thoughts of self-harm or suicide

If any of these sound familiar, you're not alone – and support is available.



Mental Health Self-Check for Men

Ask yourself:

- ✓ Am I sleeping and eating well?
- ✓ Have I been feeling unusually down, angry, or anxious?
- ✓ Am I still connecting with others – or have I withdrawn?
- ✓ Have I been relying on alcohol or other substances to cope?
- ✓ When was the last time I talked to someone about how I feel?

You don't need to be in crisis to reach out. Prevention is just as powerful as intervention.

What You Can Do Today

- **Check in with yourself** – Complete a MyPulse Mental Health screen | www.mypulse.com.au
- **See your GP** – Mental health plans are available and are often bulk-billed
- **Stay connected** – Talk to mates, family, or a peer support officer
- **Move your body** – Regular activity helps reduce stress
- **Use support services** – You don't need to do it alone

Support Services

- **Wellbeing Support** 24 Hours 6173 2873 – available to all AT & DPFEM staff and volunteers | wellbeing@dpfem.tas.gov.au
- **Beyond Blue** – 1300 22 4636 | beyondblue.org.au
- **MensLine Australia** – 1300 789 978
- **Lifeline** – 13 11 14 (24/7 crisis support)
- **In an emergency dial 000**

Small Steps Make a Big Difference

Talking about mental health doesn't make you less of a man – it makes you **more equipped** to handle the job, the people you care about, and life's curveballs.

This Men's Health Week, check in on yourself and your mates. **Because the strongest responders are the ones who look after themselves, too.**



Visit www.mypulse.com.au
and complete a health
screen today

