

## Thank you for your work in Policelink during this bushfire season

The PSA would like to extend its heartfelt thanks for the amazing work members have undertaken in very trying conditions over the last few months since the beginning of the bushfire season.

Your work has also been celebrated in a widely shared post on the PSA's Facebook page, available [HERE](#).

The events and conditions that members have dealt with have been unprecedented. For many members, especially in Lithgow, these fires would have had a particularly personal impact with road closures in the Blue Mountains and further west, as well as properties lost in Lithgow.

The PSA acknowledges some of the calls members have taken and the challenges they have gone through have been unbelievably difficult in terms of mental health and resilience.

Anybody who is having difficulties should have no hesitation in reaching out to EAP, their doctor, peer support officers, managers, or the PSA as appropriate. Take the time and resources you need to look after yourself or recover and know when to talk to a professional about vicarious trauma or workload stress.

A reminder that the PSA runs a training course on Mental Health, Care and Resilience. PSA members can attend these courses for free and are entitled to 12 days of Special Leave every two years for union activities including training. Further information is available [HERE](#).

Any members who have feedback, questions or concerns about this period, please pass on to your delegates or to PSA industrial staff:

### **Tuggerah**

Kerrie Mackay  
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### **Lithgow**

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***Strong membership means a strong union! Know a non-member? Get them to [JOIN THE PSA TODAY!](#)***

