

Mindfulness on the Frontline

# Mental Health Resources



Mindarma is an evidence-based e-learning program that protects mental health, builds resilience and equips workers with essential psychological skills. Contact [info@mindarma.com](mailto:info@mindarma.com) or scan the QR code to arrange a complimentary trial.

Please reference the code **Frontline** in your enquiry message.



## Mindfulness on the Frontline

This 60 minute webinar features:

### Hugh Strong

Crew Leader and Brigade Training Officer, Glen Aplin Rural Fire Brigade, and Member of the Queensland RFS Remote Area Operations team

### Michael Arena

Federal Agent, Provisional Psychologist, Operations Southern Command, Australian Federal Police, Victoria

### Brad Goodwin

Superintendent, Zone Manager, Clinical Operations, NSW Ambulance

### Dr Sadhbh Joyce

Principal Psychologist, Mindarma & External Fellow, Black Dog Institute, NSW

Moderated by author, journalist and Mindarma podcast host [Dean Yates](#), this panel explores how mindfulness is helping frontline workers take on the toughest gigs. A recording of this webinar can be found [here](#).

## Research and information on Mindfulness on the Frontline

Vonderlin R, Biermann M, Bohus M. et al.

### Mindfulness-based programs in the workplace: a meta-analysis of randomized controlled trials.

Mindfulness 11, 1579–1598 (2020) Read [article](#)

Joyce S, Shand F, Lal TJ, Mott B, Bryant RA, Harvey SB. **Resilience@Work mindfulness program: results from a cluster randomized controlled trial with first responders.** J Med Internet Res 2019;21(2):e12894. Read [paper](#)

Joyce S, Tan L, Shand F, Bryant R, Harvey SB.

### Can resilience be measured and used to predict mental health symptomology among first responders exposed to repeated trauma?

Journal of Occupational and Environmental Medicine: April 2019 - Volume 61 - Issue 4 - p 285-292. Read [abstract](#)

Counson I, Hosemans D, Lal TJ, Mott B, Harvey SB, Joyce S. **Mental health and mindfulness amongst Australian fire fighters.** BMC Psychol 7, 34 (2019). Read [paper](#)

Joyce S, Shand F, Bryant RA, Lal TJ, Harvey SB. **Mindfulness-based resilience training in the workplace: pilot study of the internet-based Resilience@Work (RAW) mindfulness program.** J Med Internet Res 2018;20(9):e10326. Read [paper](#)

Joyce S, Shand F, Tighe J, et al. **Road to resilience: a systematic review and meta-analysis of resilience training programmes and interventions.** British Medical Journal Open 2018;8:e017858. Read [paper](#)

Chokpo BA, Papzoglou, K, & Schwartz RC. (2018). **Mindfulness-based psychotherapy approaches for first responders: from research to clinical practice.** 71 (2), 55-64. Read [article](#)

Christopher MS, Goerling RJ, Rogers BS, Hunsinger MH, Baron G, Bergman A, Zava DT. **A pilot study of evaluating the effectiveness of a mindfulness-based intervention on cortisol awakening response and health outcomes among law enforcement officers.** Journal of Police and Criminal Psychology. 2016(1) Read [abstract](#)

Kaplan JB, Bergman AL, Christopher M, Bowen S, Hunsinger M. **Role of resilience in mindfulness training for first responders.** Mindfulness. 2017;8(5):1373 – 80. Read [abstract](#)

Kuken, W. et al., (2015). **Effectiveness and cost-effectiveness of mindfulness-based cognitive therapy compared with maintenance antidepressant treatment in the prevention of depressive relapse or recurrence (PREVENT): a randomised controlled trial.** 386 (9988), 63 – 73. Read [article](#)

Sood A, Sharma V, Schroeder DR, Gorman B. **Stress Management and Resiliency Training (SMART) program among Department of Radiology faculty: a pilot randomized clinical trial.** Explore, 2014;10(6):58-63. Read [article](#)

Johnson DC, Thom NJ, Stanley EA, Haase L, Simmons AN, Shih PA, et al. **Modifying resilience mechanisms in at-risk individuals: a controlled study of mindfulness training in Marines preparing for deployment.** The American journal of psychiatry 2014;171(8):844-53. Read [article](#)

Setti I, Argentero P. **The role of mindfulness in protecting firefighters from psychosomatic malaise.** Traumatology: An International Journal. 2014;20:134-41. Read [abstract](#)

Smith BW, Ortiz JA, Steffen LE, Tooley EM, Wiggins KT, Yeater EA, Montoya JD, Bernard ML. **Mindfulness is associated with fewer PTSD symptoms, depressive symptoms, physical symptoms, and alcohol problems in urban firefighters.** Journal of Consulting and Clinical Psychology. 2011;79(5):613-7. Read [abstract](#)

## Videos and podcasts

[How does meditation change the brain?](#)

Scientific American (2 min)

[The brain's default mode](#)

Hashem Al-Ghaili (4 min)

[How to take a Mindful Pause](#)

Dr Sadhbh Joyce (10 min)

[All it takes is 10 mindful minutes](#)

Andy Puddicombe (9 min)

[How meditation works & science-based effective meditations](#)

Huberman Lab Podcast (2 h 26 min)

## Short meditations

[A Mindful Pause](#)

Mindarma (4 min)

[Basic Grounding](#)

Mindarma (4 min)

[Mindful Body Scan](#)

Mindarma (7 min)

[A Soothing Pause](#)

Mindarma (7 min)

## Harvard Medical School articles

[Harvard Medical School IN FOCUS: mindfulness meditation](#)

[Mindfulness meditation and relaxation response affect brain differently](#)

[What meditation can do for your mind, mood and health](#)

[Benefits of meditation for a happier, healthier life: be kind and unwind](#)

[Mindfulness helps educators practise self-care](#)

[With mindfulness, life's in the moment](#)

## Books

[The mindful self-compassion workbook: a proven way to accept yourself, build inner strength, and thrive](#), Dr Kristin Neff, Dr Christopher Germer

[The miracle of mindfulness: the classic guide](#), Thich Nhat Hanh

[No mud, no lotus](#), Thich Nhat Hanh

[How to relax](#), Thich Nhat Hanh

[Radical compassion](#), Dr Tara Brach

[Wherever you go, there you are](#), Dr Jon Kabat-Zinn

[Just one thing: developing a Buddha brain one simple practice at a time](#), Dr Rick Hanson

[Neurodharma: seven steps to the highest happiness](#), Dr Rick Hanson

**Peak mind: find your focus, own your attention, invest 12 minutes a day**, Dr Amishi P. Jha

**The psychology of meditation: research and practice**, edited by Michael A. West

## Australian support services

### Your local GP

Your General Practitioner can provide support for mental health issues.

If your doctor feels you would benefit from additional support, they may refer you to a psychologist or psychiatrist. In Australia a Medicare rebate is provided for up to 10 sessions with a psychologist each year.

### Sleep Health Foundation

[www.sleephealthfoundation.org.au](http://www.sleephealthfoundation.org.au)

The Sleep Health Foundation is a not for profit health charity that aims to raise community awareness about the value of sleep and its common disorders, and to improve public health and safety.

### Employee Assistance Program

Many organisations offer programs that allow employees to access free psychological assistance. Enquire with your employer to find out whether your organisation offers an Employee Assistance Program.

### Lifeline

Phone: 13 11 14

[www.lifeline.org.au](http://www.lifeline.org.au)

Lifeline provides free anonymous 24/7 generalist counselling that does not discriminate. If you are experiencing a personal crisis, Lifeline can help.

### Beyond Blue

Phone: 1300 22 4636

[www.beyondblue.org.au](http://www.beyondblue.org.au)

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

### SANE Australia

Phone: 1800 18 7263

[www.sane.org](http://www.sane.org)

The SANE help centre provides the information, guidance and referrals you need to manage mental health concerns.

### Suicide Call Back Service

Phone: 1300 659 467

[www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

This is a 24/7 referral line for people at risk of suicide, people caring for someone who is suicidal, or people bereaved by suicide. The service offers six 50-minute telephone counselling sessions to people over 18 years, and up to two call-backs to professionals.

### Black Dog Institute

[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

The Black Dog Institute provides a range of online resources and support programs regarding mental health.

### Online clinic

This resource is free and anonymous. It provides a personalised health assessment based on your responses. Information can be found [here](#).



### National Emergency Worker Support Service

This recently launched mental health initiative provides free support to First Responders and their loved ones. Following a brief online assessment, a first responder can easily apply for up to 12 free sessions with a psychologist. A referral from the GP is not required. More information is available [here](#).



### TEN – The Essential Network for health professionals

Helping healthcare workers find resources and support to manage burnout and maintain good mental health. Designed by health professionals for health professionals, TEN makes accessing support quick, easy and confidential. Click [here](#) to find out more.



### Sleep, fatigue and stress in healthcare workers

This fact sheet provides information about what constitutes good sleep and bad sleep, and some useful tips for sleeping well. You will also find links to online resources to help you deal with chronic sleep problems. The fact sheet can be downloaded [here](#).



### Self-care plan

Self-care refers to the activities and practices that we deliberately choose to engage in on a regular basis to maintain and enhance our health and wellbeing. Create a self-care plan [here](#).



### HeadGear

A free app that guides you through a 30-day mental fitness challenge, including mindfulness tasks and exercises. Download HeadGear through the [App Store](#) or [Google Play](#).



### Social and emotional wellbeing resources for Aboriginal and Torres Strait Islander peoples

This page includes a range of social and emotional wellbeing resources for First Nations people. Information can be found [here](#).



### myCompass

The free, online myCompass program (for anxiety and depression) can be found [here](#).



### WayAhead Mental Health Association NSW

<https://wayahead.org.au/>

WayAhead's mental health information line 1300 794 991 is available from 9am to 5pm, Monday to Friday. The info line provides support and connects you with helpful services.

### Directory

WayAhead's directory is available [online](#) and provides a comprehensive and up-to-date database of mental health, wellbeing and community services.



### Support groups

WayAhead have a number of proactive support groups for anxiety. You can learn more about these [here](#).



### Stress less tips

WayAhead's Stress Less Tips for the Workplace can be found [here](#).



### What is Mindarma?

This one minute video provides a short informative overview of the Mindarma program.

[Introducing Mindarma](#)

