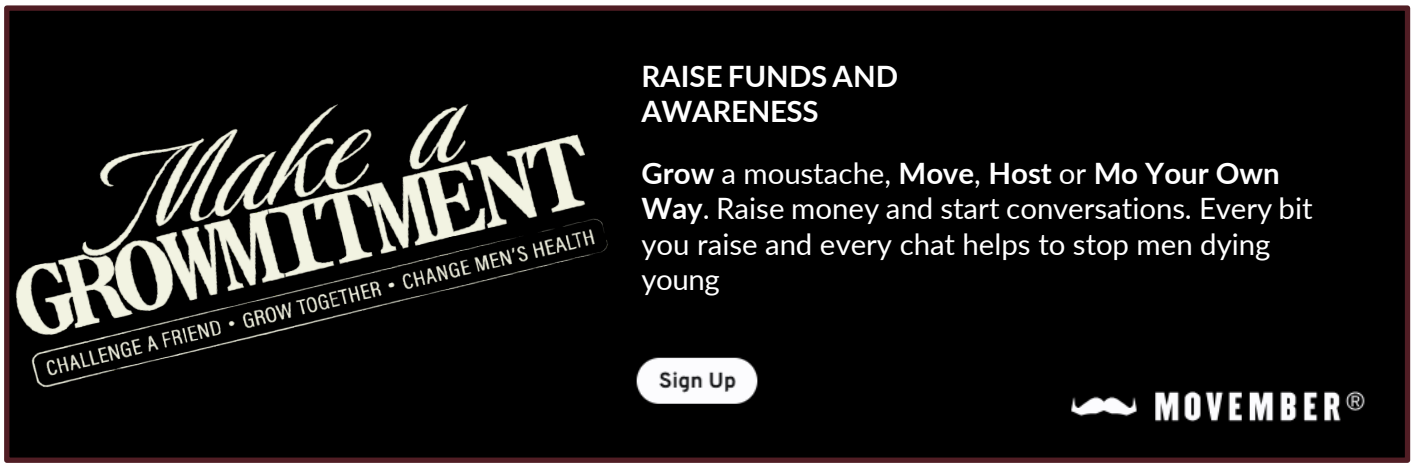
# WELLBEING NEWS

Promoting and Supporting the Physical and Mental wellbeing of our members.




## Events happening across the Territory!

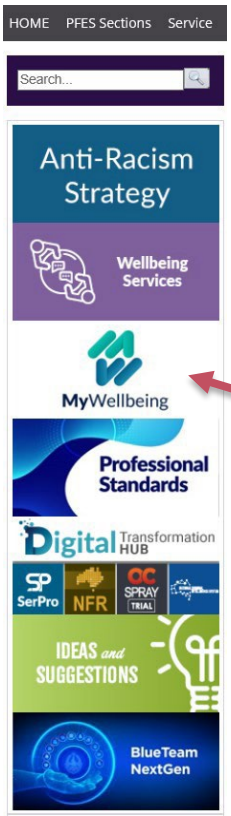
In each edition, you'll find inspired articles, insightful recommendations and the most comprehensive event listings and calendar available – Off The Leash is the perfect read for those wanting to make the most of life in the Northern Territory, from the tropical Top End to the vibrant Red Centre!

View all local events happening here -->

VIEW FULL CALENDAR

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## MyWellbeing Portal Competitions

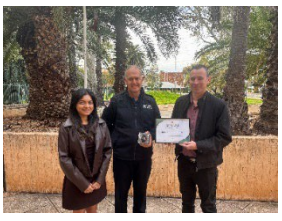





**We have our winners!**

A huge congratulations to **SGT Rudy Jamieson and SCONST Michael Rechenbach,** winners of the Men's Mental Health Garmin Watch Giveaway, and **SCONST Jasmine Woollett** and **Senior Psychologist Anna Langner**, winners of the Women's Mental Health Garmin Watch Giveaway!







**Want a chance to win a prize?**

Visit the **MyWellbeing Portal** and keep an eye out for upcoming competitions!

While you're there, explore resources to support your health and wellbeing, with a **new featured topic every month**. You can:

- Complete a mental or physical health screening.
- Build your financial knowledge and book a free financial consultation.
- Access Osara's cancer care programs.

**Visit the MyWellbeing Portal today—there's plenty to discover!**




**Osara Health: Men's Health Spotlight: Destigmatising Prostate & Testicular Cancer |Webinar**

Learn about risks, early signs and checks. The session will also explore ways to make conversations about men's health easier at home and at work.

Register here!

**Upcoming Webinar Details**
**Wednesday, 18 November 2026**
**10:30 -11:15 am**

Fortem

Fortem's free, evidence-based social connection program provides low threat, low stigma activities that are free, varied and easy to access. These well-being activities are a 'no strings attached' opportunity to help first responders and their families. https://fortemaustralia.org.au

**26th November – 10:30 – 12:00**
**Coffee catch up | Darwin**

**28th November – 12:00 – 14:00**
**Chocolate creations | Darwin**

**12th December – 12:00 – 13:30**
**Christmas chocolate creations | Darwin**

**MyWellbeing Portal Presentations**

Every month new resources are being added to the portal!

Learn what's available to you by reaching out to ntwellbeing@gbtpa.com.au

Wanting to organise a MyWellbeing Portal presentation for your unit? please get into contact with WellbeingReform@pfes.nt.gov.au

We're here for you! Supporting our members since 2025.

R U OK? A conversation could change a life.

*Gain access to free confidential coaching sessions by completing a Physical Health and/ or Mental health screening today!*

*Click Here ->*

*Wanting to learn more? Head to our FAQs page*

**Early Intervention**

Early Intervention Conversations are supportive check-ins, not a disciplinary process. They provide an opportunity to see how members are going and recognise any underlying stressors before they become more significant.

These conversations are guided by data indicators—not assumptions. This may include trends in leave, use-of-force incidents, exposure to critical events or complaint patterns. The data is simply a prompt to check in; it is not the focus of the conversation.

All Early Intervention queries can be sent to EarlyIntervention@pfes.nt.gov.au

**Wellbeing Checks**

A WellCheck is a private, one-on-one conversation with a Wellbeing Services psychologist or social worker. It's a chance to check in, reflect, and make sure you're travelling okay.

Whether you're seeking a WellCheck, and assistance with counselling referrals, support for a work or personal matter, or simply a friendly face to talk to, the team are here to help.

Keep an eye out for their visits and take a moment for your mental health and wellbeing.

To schedule an appointment email WellbeingServices@pfes.nt.gov.au or make a booking here!

Prepared by the Wellbeing Reform Team

# The Osara Health experience

There's no one-size-fits-all approach to cancer care. We take time to understand you as an individual and design your program with you in mind.



## For those living with cancer

Empowering individuals living with cancer through empathy and technology.

Learn more

**Health coach**

One-on-one support and personalised education from a trained professional. Your Coach will empower you to take action and make decisions that improve your health, while guiding you every step of the way.

**Evidence-based resources**

Evidence-based techniques that focus on what's important to you. Whether it's 'getting more sleep,' 'working through uncertainty,' 'speaking to doctors,' or 'getting back to normality,' we offer relevant topics with real-world coping strategies. It's the stuff you won't find on Google.

**Support when you need it**

An accessible expert that's in your corner and in your pocket. Available via confidential calls, SMS or email.

FAQs

Enrol in Cancer Coach

## For cancer caregivers

Tailored care for your needs and theirs.

Learn more

**Health coach**

Cancer care is a shared experience, so share the load with a professional Health Coach. Your coach will prioritise your needs, empowering you to be the best caregiver you can be. Your coach will make sure you maintain your own well-being while supporting your loved one.

**Evidence-based resources**

With reliable, relevant resources readily available, you can research everything from 'living with uncertainty,' to 'managing relationships.' All content is developed by experts who empathise.

**Support when you need it**

With Osara, you've got confidential support wherever your smartphone goes.



FAQs

Enrol in Cancer Caregivers

mifant
Supporting Mental Wellness & Recovery

# COOL PROGRAM

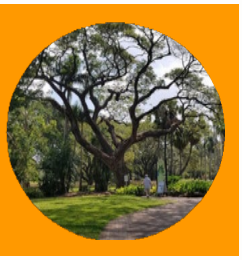
NOV
2026

**Tuesday**
10.11.2026

1:00pm - 4:00pm

## COFFEE AND A STROLL AT DARWIN BOTANIC GARDENS

Enjoy a coffee together before a stroll through the shady paths of Darwin Botanic Gardens



**Saturday**
14.11.2026

9:00Am - 4:00pm

## MOVIE DAY AT GATEWAY SHOPPING CENTRE

Pick a movie of your choice and settle in at the cinema at Gateway Shopping Centre. We will grab lunch together for a relaxed day out in Palmerston

**MOVIE AND LUNCH AT PARTICIPANTS' EXPENSE*

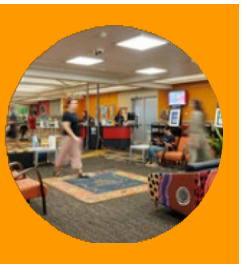


**Tuesday**
17.11.2026

1:00pm - 4:00pm

## TECH ZONE AT CASUARINA LIBRARY

Drop into the Tech Zone at Casuarina Library and explore the latest tech together. A great chance to try something new at your own pace



**Tuesday**
24.11.2026

1:00pm - 4:00pm

## MUSEUM AND ART GALLERY OF THE NT

Wander through the Museum and Art Gallery of the NT and discover the Territory's art, history and stories



**Saturday**
28.11.2026

9:00Am - 4:00pm

## ADELAIDE RIVER WAR CEMETERY AND BBQ LUNCH

Take a trip down the Stuart Highway to visit the Adelaide River War Cemetery, a quiet place of remembrance. We will finish the day together with a nice BBQ lunch



*PARTICIPANTS TO COVER ALL COSTS INCLUDING FOOD, DRINKS AND ACTIVITIES. PLEASE BRING COLD WATER AND FOOD AND DRINK MONEY.*


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# MIPLACE PROGRAM NOV 2026

## MONDAY

Arcade & Games




GAME TIME

@MiPlace Hub
MiPlace Hub
Open 9:30am - 1:00pm

## TUESDAY

ART & Craft
with Kerry Sandhu
10:00am - 12:00pm
@MiPlace Hub



MiPlace Hub
Open 9:30am - 1:00pm

## WEDNESDAY




10:00am - 12:00pm
@MiPlace Hub

MiPlace Hub
Open 9:30am - 1:00pm

## THURSDAY

Creative Connections



10:00am - 12:00pm
@MiPlace Hub

MiPlace Hub
Open 9:30am - 1:00pm

## FRIDAY

Pool Competition with
Music & BBQ Lunch
@MiPlace Hub




MiPlace Hub
Open 9:30am - 1:00pm

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## MONTHLY EVENTS

**MIPLACE WELLBEING WORKSHOP**
Mon, 2 Nov · 10:00am - 12:00pm
Build confidence, connection and healthy ways to manage everyday challenges.

**MELBOURNE CUP DAY**
*Prizes for the Best Outfits and Hats*
Tue, 3 Nov · 9:30am - 3:00pm
Pop on your best hat and join us to watch the race. Enjoy a hat parade, a BBQ lunch and sweeps.
*Please bring $1-2 in loose change for the sweeps

**INTERNATIONAL MEN'S DAY MORNING TEA**
Thu, 19 Nov · From 10:00am
Join us for a cuppa and a chat as we mark International Men's Day and celebrate the men in our community

**CONSUMER MEETING**
Fri, 27 Nov · 11:00am - 11:30am
Have your say and share feedback in our monthly consumer meeting.

**MIPLACE WELLBEING WORKSHOP**
Mon, 30 Nov · 10:00am - 12:00pm
Build confidence, connection and healthy ways to manage everyday challenges.

# Early Intervention Conversations



## WHAT IS EARLY INTERVENTION?

- Early Intervention Conversations are a supportive discussion, not a disciplinary process.
- It's about checking in, making sure members are okay and that underlying stressors are recognised early.

## WHAT IT IS NOT

- Early Intervention Conversations are not a performance management tool.
- The program uses data indications, not assumptions. These indicators might include trends in leave, use of force, incident exposure or complaint patterns, but the data itself is not the focus.

## FAQ'S

**Can I request an Early Intervention Conversation if I want to have a conversation with my supervisor?**

- Yes, you can raise an Early Intervention Conversation if you would like to express any concerns with your supervisor.

**Can I have a support person present?**

- Yes, support persons are encouraged but not mandatory

**Can I request assistance from Wellbeing Services from this conversation?**

- Yes, during the conversation if you would like to be contacted by any member of the Wellbeing Services team just let your supervisor know and a referral will be made.

**Will these conversations impact promotions in the future?**

- No, these conversations are additional support from the agency and have no negative impact on future promotions.

**Can I choose to have an Early Intervention Conversation with someone who is not my direct Supervisor**?

- Yes, if you have another supervisor in mind, you are welcome to nominate them to conduct the Early Intervention Conversation

**What if I don't want to partake in the conversation?**

- When assigned an Early Intervention incident, supervisors may reach out to the member/employee and encourage an 'are you okay' conversation, while emphasising that participation is voluntary.

**Will my team find out what I have said?**

- No, this is an entirely confidential process between yourself and the direct supervisor

# Early Intervention Conversations



## WHAT YOU NEED TO KNOW AS A SUPERVISOR

Early Intervention Conversations are intended to provide support and guidance, rather than act as a disciplinary measure.

While participation in the program is voluntary for members, supervisors are responsible for ensuring each member is offered the opportunity to participate in an Early Intervention Conversation, without pre-emptively determining whether it may be beneficial to them. Should a member choose not to participate, their decision should be respected.

## WHAT NOT TO DO

- Use this opportunity to discuss the members' performance negatively
- Use this opportunity to call out the member in front of their peers
- Use personal judgement on the situation prior to talking to your member
- Not allow a private and timely conversation

## WHAT OUTCOMES SHOULD I EXPECT

Dependent on what the data identifies and how much your member shares with, your outcomes could include:

- Request for Wellbeing Services referral
- Request for short-term accommodation at Marks Place
- Modified work assignment (workload, division or unit switch)
- Continued support from Chain of Command