



Oscar Kilo is the home of the National Police Wellbeing Service.

By working together with you, your force and other policing organisations, our aim is that every member of the police service feels confident that their wellbeing is taken seriously and that they are properly supported by their organisation.

The service has been designed for policing by policing and focuses on key areas such as; trauma and psychological risk, occupational health, peer support, personal resilience, leadership and your overall wellbeing at work.

We want to help:

- Reduce stigma around seeking support or help
- Help police forces build world-class wellbeing support for everyone who works for them
- Improve knowledge and understanding of help and support available
- Encourage people to support themselves and realise their own potential
- Improve personal resilience and self-help skills

Find out more at oscarkilo.org.uk



TOGETHER WE SUPPORT

OSCAR KILO



#TogetherWeAreOK

The National Police Wellbeing Service is here for you – We have lots of things that you can access directly to support yourself, and even more that you can access through your organisation...

ACCESS YOURSELF

- Online webinars to help with fatigue and build your resilience
- Online mindfulness training (MindFit Cop)
- Wellbeing news, real-life stories and experiences
- Wellbeing Podcasts - 'Keeping the Peace'
- Self-care tips and advice
- Physical fitness videos (coming soon)
- Awareness and Self Care campaigns and marketing materials
- Downloadable resources like posters, videos and animations
- Signposts to other helpful resources and services

WE ALSO PROVIDE

- Wellbeing and OH Practitioner community – share ideas and best practice, learn from other forces about what is working for them (and what's not).
- Regional capability building workshops for wellbeing and OH practitioners
- Online events
- Annual Conference and Oscar Kilo Awards.

ACCESS THROUGH YOUR FORCE

- Emergency Services Trauma Intervention Programme (ESTIP) to support officers and staff who have been impacted by trauma.
- Psychological Risk Assessments model and training for Occupational Health staff to carry out Structured Interviews.
- Occupational Health Foundation Standards.
- The wellbeing vans – book one of our vans to take wellbeing services out to all of your stations and bases.
- The wellbeing dogs – speak to us about bringing a wellbeing dog to your force
- Peer Support and 'Demobilising and Diffusing' training – nominate people from your force to become fully trained Oscar Kilo Peer Supporters.
- Supervisor and leadership wellbeing tool and resilience training



To find out more, visit oscarkilo.org.uk,
or follow us on Twitter @OscarKiloUK