



PAM Wellness



SCOTTISH
FIRE AND RESCUE SERVICE
Working together for a safer Scotland



Supporting You After Difficult Incidents

From 1 October, PAM Wellness will be providing the Post-Incident Support Service for Scottish Fire and Rescue personnel.

We understand that exposure to traumatic events can affect people in different ways. While many individuals cope well, the impact of difficult incidents can sometimes build over time or emerge following a particularly challenging event. Early support can play an important role in maintaining wellbeing, resilience and recovery.

Our service provides confidential, evidence-based support designed to identify potential difficulties early and ensure you receive the most appropriate care and guidance when needed.

What you can expect:

- ✓ Evidence-based assessment and screening
- ✓ Early intervention where needed
- ✓ A trauma-informed approach
- ✓ Focus on wellbeing, recovery and resilience

Seeking support is not a sign of weakness. It's a proactive step towards protecting your mental wellbeing and helping you continue the vital work that communities rely on every day.

To access the Post-Incident Support Service or find out more, please contact: SFRS.HealthandWellbeingAdmin@firescotland.gov.uk

