



# WILDTALK

CARING FOR THE WILDLIFE CARERS

World  
Kangaroo  
Day

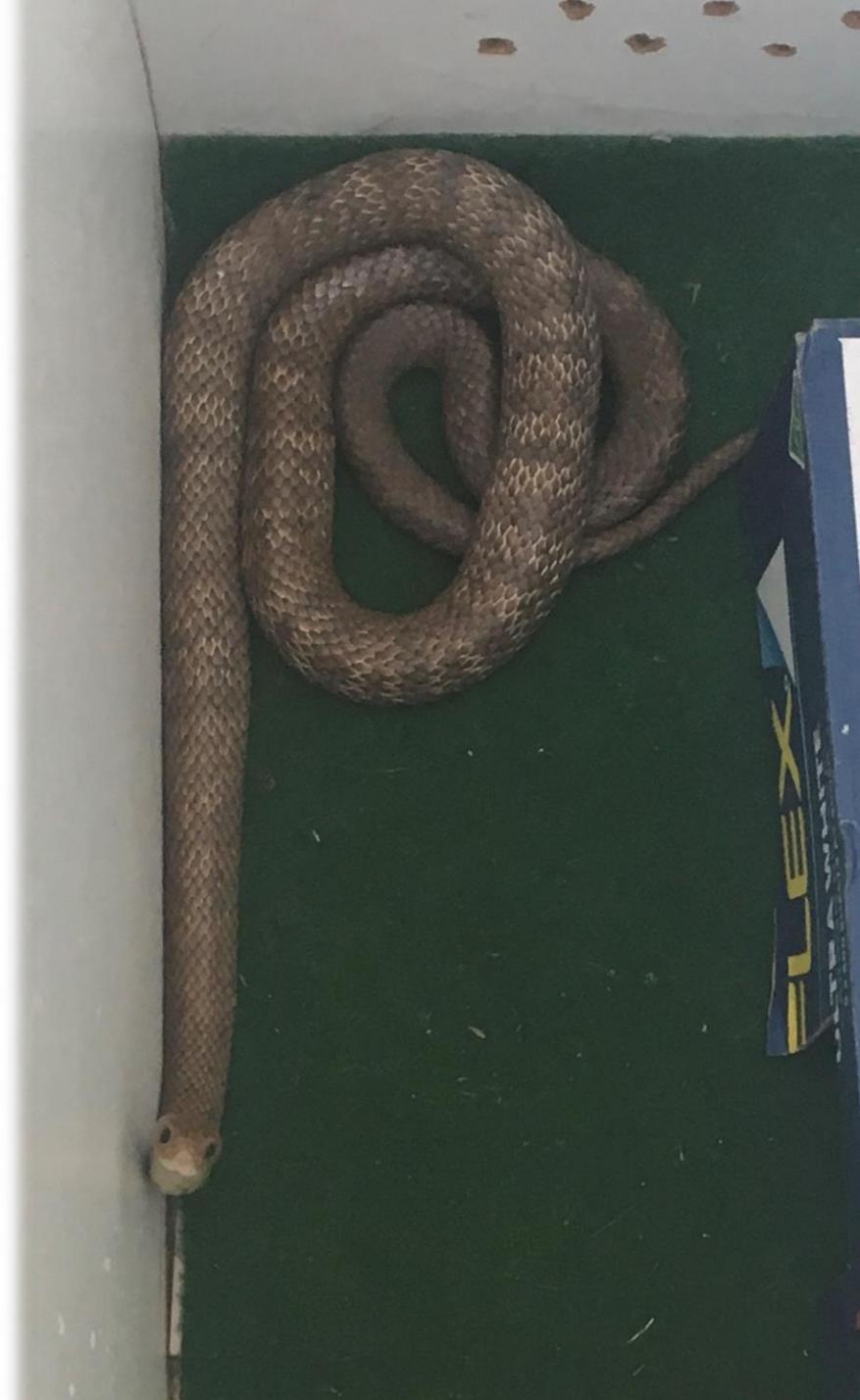
Blue Mountains  
October 2025

1300 WILDTALK  
Free and 24/7

- About WildTalk
- Moral Injury and what it is
- How you can help

# About WildTalk

- Started 2015 incorporated 2020
- Counselling and debriefing
- Training
- Grants
- Charity with DGR status



Assistance available 24 hours a day, seven days a week  
across all state and territories

Up to 6 session - free of charge

All our clinicians have a minimum 5 years  
therapeutic experience and have  
specific training with the unique circumstances  
faced by wildlife workers and volunteers

1300 WILDTALK

(1300 945382)

# The numbers

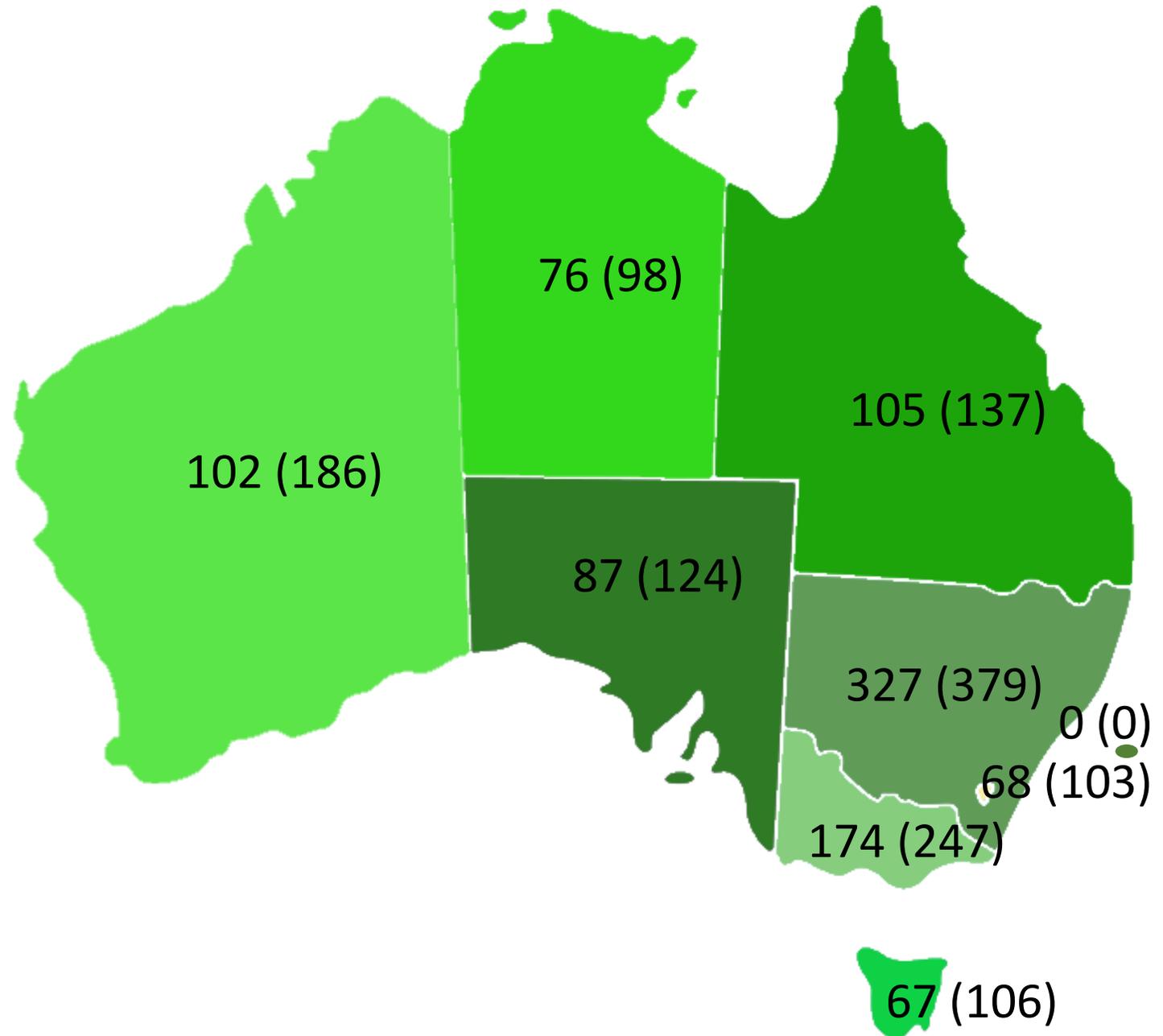
# 7

## Reasons for calling:

Bullying/harassment	49%
Trauma	23%
Grief and bereavement	17%
Climate/habitat grief	8%

## Caller split:

Workers and volunteers	89%
Members of public	11%



# Moral

*adjective*

1. concerned with the principles of right and wrong behaviour
2. holding or manifesting high principles for proper conduct
3. a lesson that can be derived from a story or experience

Oxford Dictionary



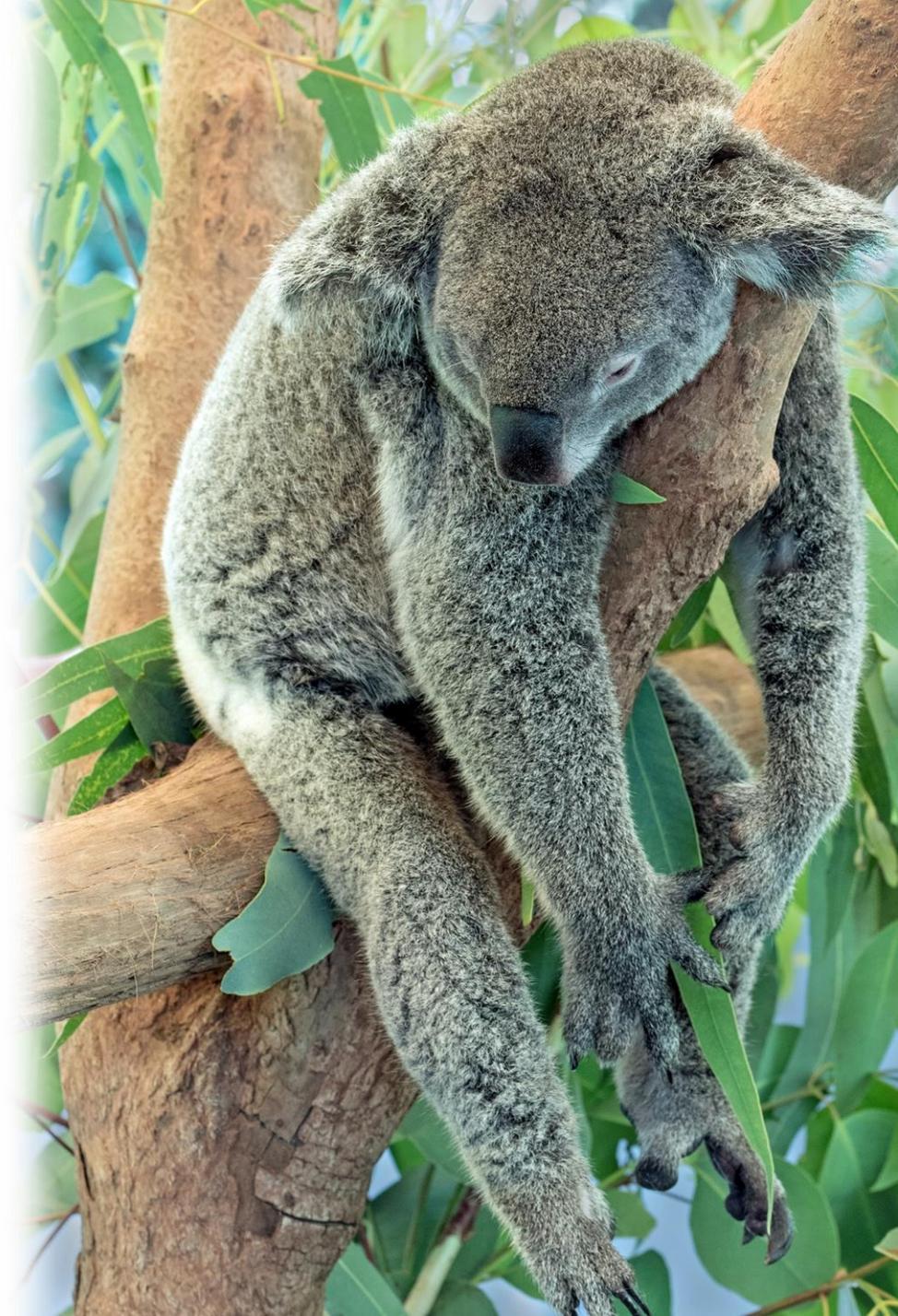
# What is Moral Injury?

Traumatic injury to moral belief held by an individual

Victim

Perpetrator

Bystander



# Impacts

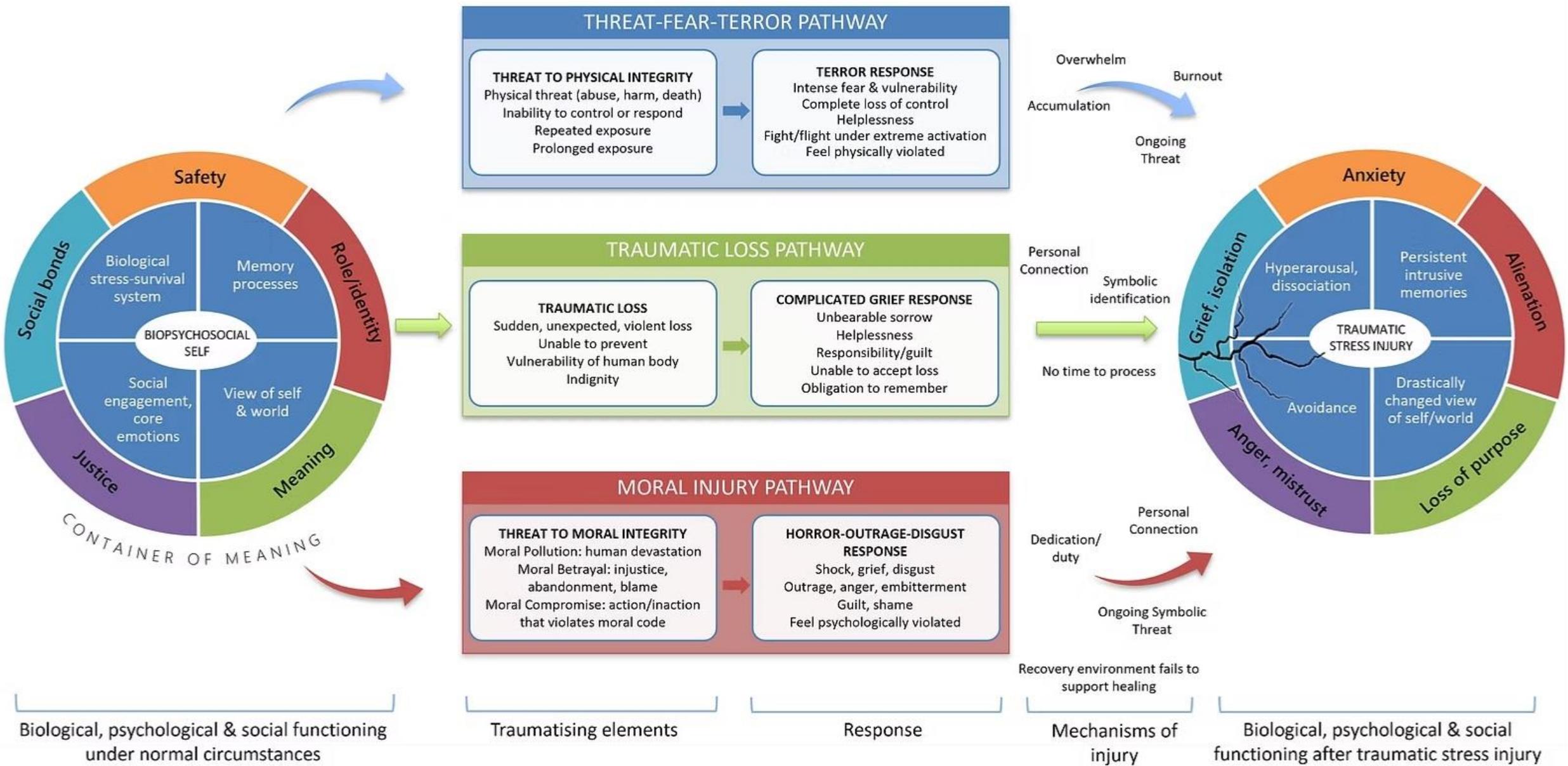
## Trauma symptoms

- Emotional changes
- Behaviour changes
- Spiritual belief changes



# PATHWAYS MODEL OF TRAUMATIC STRESS INJURIES

Hilbrink and Steel (2016)



# Discussion



# Diagnosis and treatments

Not diagnosable

Treatable and full recovery possible



We're doing research into Moral Injury in people working and volunteers with wildlife.



...experiences you may have had after a ve...  
...do something) that went against your moral code...  
...do something or failing to do something that went against your moral...  
...that applied).

Have you had at least one experience like this that troubles you currently?  
If yes, please check the type of experience that is most currently distressing that apply.

Keeping this experience in mind, please indicate how much you agree with the this experience in the last month (circle one number for each item below).

	Strongly Disagree	Disagree	Agree	Strongly Agree
1. I blame myself.	0	1	2	3
2. I have lost faith in humanity.	0	1	2	3
3. People would hate me if they really knew me.	0	1	2	3
4. I have trouble seeing goodness in others.	0	1	2	3
5. People don't deserve second chances.	0	1	2	3
6. I am disgusted by what happened.	0	1	2	3
7. I feel like I don't deserve a good life.	0	1	2	3
8. I keep myself from having success.	0	1	2	3
9. I no longer believe there is a higher power.	0	1	2	3
10. I lost trust in others.	0	1	2	3
11. I am angry all the time.	0	1	2	3
12. I am not the good person I thought I was.	0	1	2	3
13. I have lost pride in myself.	0	1	2	3
14. I cannot be honest with other people.	0	1	2	3
15. This experience has made it hard for you to function in each of the following areas (circle one number for each area is not applicable, circle N/A**):				
15a. Personal relationships with spouse or partner	Not at all	Somewhat		
15b. Relationships with your children	0	1	2	3
15c. Relationships with other family members	0	1	2	3
15d. Relationships with friends or socializing	0	1	2	3
15e. Work	0	1	2	3
15f. Training	0	1	2	3

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# Further reading

- Moral principles: <https://www.verywellmind.com/what-are-moral-principles-5198602>
- Moral Injury : [https://www.ptsd.va.gov/professional/treat/cooccurring/moral\\_injury.asp](https://www.ptsd.va.gov/professional/treat/cooccurring/moral_injury.asp)  
<https://www.openarms.gov.au/signs-symptoms/moral-injury>  
<https://moralinjuryproject.syr.edu/about-moral-injury/>  
<https://www.dva.gov.au/sites/default/files/2023-05/the-current-status-of-moral-injury-a-narrative-review-and-rapid-evidence-assessment.pdf>  
[https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366\(21\)00113-9/fulltext](https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(21)00113-9/fulltext)  
<https://fortemaustralia.org.au/2023/07/28/moral-injury/>  
<https://pubmed.ncbi.nlm.nih.gov/39879547/>  
<https://www.moralinjuryproject.com/>
- Treatments: <https://pmc.ncbi.nlm.nih.gov/articles/PMC9887329/>  
[https://www.ptsd.va.gov/understand/related/moral\\_injury\\_ptsd.asp](https://www.ptsd.va.gov/understand/related/moral_injury_ptsd.asp)  
<https://utppublishing.com/doi/full/10.3138/jmvfh.9.2.ed>  
<https://www.scientificamerican.com/article/treating-moral-injuries/>  
[https://www.naadac.org/assets/2416/cardwell\\_nuckols\\_treatingmoral.pdf](https://www.naadac.org/assets/2416/cardwell_nuckols_treatingmoral.pdf)
- Moral Injury Scale <https://istss.org/clinical-resources/adult-trauma-assessments/moral-injury-outcome-scale/>  
<https://www.mirecc.va.gov/visn17/docs/MIOS.pdf>