

# Mental Health First Aid for Fire/EMS



*Each day, firefighters and Emergency Medical Service (EMS) workers face various challenges and hazards associated with their work – they are often the first to respond to a traumatic event. That’s why it’s critical they have the skills they need to support themselves, the people they serve and their colleagues through a mental health crisis.*

***Mental Health First Aid for Fire/EMS** focuses on the unique experiences and needs of firefighters and EMS personnel and is a valuable resource that can make a difference in their lives, their coworkers’ and families’ lives and the communities in which they serve. Mental Health First Aid for Fire/EMS is an 8-hour, groundbreaking course, which enables fire and EMS personnel to appropriately respond to mental health and addiction crises.*

## INDIVIDUALS TRAINED IN MENTAL HEALTH FIRST AID FOR FIRE/EMS WILL LEARN HOW TO:

- Recognize and respond to mental health and substance use challenges faced by colleagues and community members.
- Assist community members who are experiencing emotional distress resulting from an accident, injury or shocking event.
- Connect colleagues with the appropriate mental health and addiction services.
- Apply the 5-step action plan in several scenarios designed specifically for first responders, their families and those who support them.

## KEY COMPONENTS OF MENTAL HEALTH FIRST AID FOR FIRE/EMS INCLUDE:

- A discussion of first responder culture, stigma and their relevance to the topic of mental health.
- Outreach tactics to respond to individuals experiencing a mental health crisis.
- A discussion of the specific risk factors faced by many first responders and their families.
- A review of common mental health resources for first responders, their families and those who support them.

More than 1 million people have been trained in Mental Health First Aid through a network of more than 12,000 certified Instructors.

For more information about Mental Health First Aid for Fire/EMS, visit [www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org) or email [Info@MentalHealthFirstAid.org](mailto:Info@MentalHealthFirstAid.org).

