



Mental Health **FIRST AID**®

from NATIONAL COUNCIL FOR MENTAL WELLBEING®



# MENTAL HEALTH FIRST AID FOR FIRE & EMS



*Since completing training, I've noticed that there is more conversation about mental health among members of our team, and that is helping reduce the stigma associated with behavioral health issues. People at the Clifton Fire Department are using what they learned in the course in their personal lives as well as their professional lives."*

— **Deputy Fire Chief  
Michael Allora, Ret.,**  
Clifton, NJ Fire Department

## WHY MENTAL HEALTH FIRST AID?

Firefighters and EMS personnel are constantly exposed to traumatic events and life-threatening situations that can take a toll on mental health.

Strengthen your community and get your firefighters and EMS personnel certified in Mental Health First Aid for Fire/EMS, a trusted evidence-based and early intervention training program.

**85%\***

of first responders have experienced symptoms of mental health challenges.

Depression and PTSD are up to

**5 TIMES\***

more common in first responders.

**57%\***

of first responders fear negative repercussions for seeking help.

\*the original research for the displayed statistic is linked

## WHAT IT COVERS

- The relevance of mental health to the Fire/EMS community.
- Risk factors and protective factors specific to the Fire/EMS community.
- How to apply the MHFA Action Plan (ALGEE) in scenarios designed specifically for Fire/EMS professionals.
- National, regional and community mental health resources for Fire/EMS professionals and their families.

## WHO SHOULD TAKE IT

- Firefighters
- EMS Personnel
- Members of the Fire/EMS community.
- Family members of the Fire/EMS community.

The course will teach you how to apply the MHFA Action Plan (**ALGEE**):

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
- **Encourage** self-help and other support strategies.

**GET CERTIFIED**

Find a course at [MentalHealthFirstAid.org](http://MentalHealthFirstAid.org)

To register for this course, contact Laci Gatewood, MHA, CPC, your Mental Health First Aid Instructor, at **312.585.5852** or email [Laci.Gatewood@mindfulspaces.org](mailto:Laci.Gatewood@mindfulspaces.org).