



Workplace Mental Health Training for First Responder Leaders

Cultivate a culture of support by training first responder leaders in supportive strategies that improve the mental health and well-being of their crews.

20% of the US population experiences a significant mental health challenge or illness each year. Depression, anxiety, PTSD and suicidal thoughts are all much higher in the first responder community.

First responders often work in high stress, fast-paced, and traumatic situations. These conditions can take a toll on the mental health of crew members. Leaders are often the first to notice signs of team member distress but may struggle with how to respond.

Workplace Mental Health Training for First Responders is an evidence-based, online program that teaches leaders:

- To promote and protect crew members' mental health through social support strategies that help prevent stress and promote psychological health
- To identify crew member mental health struggles
- To determine appropriate ways to respond to mental distress warning signs

Our pilot studies show that employees whose leaders were trained, report:

- Reduced anger and loneliness
- Improved feelings of support from unit leader
- Reduced psychological distress
- Reduced stress

This training has been developed by occupational health psychologists with funding from the US Department of Defense and the National Institute of Occupational Safety and Health:

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TRAINING FEATURES

- Evidence-based content developed by occupational health experts
- Self-paced, online learning that takes about an hour
- Two-week behavior tracking tool designed to reinforce learning
- Downloadable tools and resources
- Free or low cost

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www.supportiveworkplaces.org