



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.



*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.

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

- **A**ssess for risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.

WHO SHOULD TAKE IT

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

GET CERTIFIED

Find a course at MentalHealthFirstAid.org

March 20, 2024 8:00-5:00

Blackburn Training Facility

Must Register prior to 3/5/24

