

# Mental Health First Aid

## For First Responders, Fire and 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?

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

Strengthen your community and get certified in Mental Health First Aid for First Responders, Fire and 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.

#### Sources

\*<https://www.phoenix.edu/press-release/university-of-phoenix-survey-finds-93-percent-of-first-responders-say-mental-health-is-as-important-as-physical-health.html>

\*\*[https://rudermanfoundation.org/white\\_papers/the-ruderman-white-paper-update-on-mental-health-and-suicide-of-first-responders/](https://rudermanfoundation.org/white_papers/the-ruderman-white-paper-update-on-mental-health-and-suicide-of-first-responders/)

\*\*\*<https://www.prnewswire.com/news-releases/university-of-phoenix-survey-finds-more-than-half-of-first-responders-feel-there-are-job-repercussions-for-seeking-professional-mental-health-counseling-300915669.html>

### What it covers

- The relevance of mental health to the First Responder community.
- Risk factors and protective factors specific to the First Responder community.
- How to apply the MHFA Action Plan (ALGEE) in scenarios designed specifically for First Responders.
- National, regional and community mental health resources for First Responders 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 • Emergency Management Personnel • Family members of First Responders

### Training formats

- **In-person 1 Day:** Learners receive their training during a 6.5-hour, Instructor-led, in-person session.
- **In-person 2 Day:** Learners receive their training during two 4-hour, Instructor-led, in-person sessions.
- **Blended, In-person 1 Day:** Learners receive their training through a 2-hour online self-paced training, followed by a 4-hour Instructor-led, in person session.
- **Blended, Virtual 1 Day:** Learners receive their training through a 2-hour online self-paced training, followed by a 4-hour Instructor-led, virtual session.



Call **848-329-0978** or email **brian.preiser@rwjbh.org** to schedule a training.