An Integrated Approach to Mental Health in First Responders

Key Concepts:
- Reduce stigma through corporate practices and policies designed to increase awareness and promote mental health

Corporate Practices and Leadership Engagement
(i.e. Awareness, Disability Management practices, wellness programs, etc.)

Key Concepts:
- Facilitate ongoing education regarding self-awareness and self-care
- Build resistance and resiliency

Key Concepts:
- Implement multiple access points / remove barriers to accessing support

Internal Supports
(i.e. Peer Support program, Chaplaincy)

Key Concepts:
- Build resistance and resiliency

External Supports
(Third-party providers; i.e. WCB-AB, Great West Life, Employee and Family Assistance Program and community providers)

Key Concepts:
- Demonstrate respectful confidentiality in collaboration with external stakeholders
- Increase awareness regarding the unique aspects of first response
- Facilitate access to prompt, evidence-based care

Create the culture • Build the foundation • Integrate • Engage • Differentiate • Educate • Maintain • Evaluate, communicate and adapt

Engage and educate
- Maintain
- Evaluate, communicate and adapt

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