

RESEARCH THAT HAS IMPACT



**Assessing Operational Stress Injuries and
Symptoms for Canadian First Responders
and other Public Safety Personnel**

www.justiceandsafety.ca

University
of Regina

We need you to take the Canadian Survey to Assess Operational Stress Injuries and Symptoms for Canadian First Responders and other Public Safety Personnel



On September 1, 2016, the Canadian Institute for Public Safety Research and Treatment (CIPSRT) will release a national survey to assess operational stress injuries and symptoms for Canadian first responders and other public safety personnel.

This anonymous survey will provide CIPSRT with important information about the impact that work stress and symptoms have on you and your families.

CIPSRT researchers will use the data about operational stress injuries – including symptoms of post-traumatic stress disorder, depression, and panic – to start to create supports for the mental health of all public safety personnel.

What is CIPSRT?

Partnering with first responder executives and associations, CIPSRT is a coast-to-coast multi-university team of top Canadian researchers working with key stakeholders on a long-term initiative to identify the tools required to support the recognition, prevention, intervention, and treatment of mental health concerns facing Canadian first responders and other public safety personnel. This survey is a key part of this initiative.

Why take the survey?

Numbers matter. Before mental health resources and strategies can be provided we need to know how many people are affected by mental health symptoms. We currently don't have this information.

- By taking this survey you will be helping to provide information about the prevalence of a variety of operational stress injuries

Providing help to your families requires knowing whether your symptoms impact them.

- The survey will assess the impact of operational stress and symptoms on family

Whatever your mental health, your responses will help everyone in need.

Survey Information

- This survey is anonymous and designed specifically for first responders and all other public safety personnel
- It is convenient and private – your login will let you access the survey as many times as you like, from any computer
- It is available in French or English
- It is designed to allow you to skip any questions you don't want to answer
- It is designed to take between 30-90 minutes depending on your responses
- It will help assess the impact of new programs (e.g., R2MR) and incidents (e.g., wildfires)
- It has been peer-reviewed and Research Ethics Board approved

**Survey access opens September 1, 2016
and closes January 31, 2017**