

# Mental Health Wellbeing in the Fire Service



Name

Section

Ref Number

Date

# Introduction



Firefighting is one of the most physically and emotionally demanding professions in the world. As a firefighter, you routinely face high-stress incidents and traumatic events that can have a lasting impact on your mental well-being, resilience, and quality of life.

Despite these known occupational hazards, many fire services lack structured, evidence-based mental health support systems, leaving you and your colleagues vulnerable to anxiety, depression, burnout, and post-traumatic stress.

This course is specifically designed for firefighters like you. It introduces foundational principles of mental health assessment and support tailored to the unique challenges of the Fire Service. By understanding the specific psychological stressors that you encounter in your daily work, you'll be better equipped to recognize early warning signs of mental health concerns in yourself and your team members. The training provides practical strategies for peer support, developing healthy coping mechanisms, and guidance on when to seek professional assistance.

Our ultimate goal is to support your wellbeing by fostering a culture where the mental health of all firefighters is prioritized, enabling you to thrive both on and off duty. Your welfare matters—not just to the communities you protect, but to your families, colleagues, and most importantly, yourself.

## Module 1

This module will cover the following topics:

- Introduction



## Module 2

This module will cover the following topics:

- Firefighting



### Module 3

This module will cover the following topics:

- Psychosocial hazards – What are they?



### Module 4

This module will cover the following topics:

- Managing mental health risks



## Module 5

This module will cover the following topics:

- Assessing mental health risks



## Module 6

This module will cover the following topics:

- Managing mental health hazard incidents and complaints



## Module 7

This module will cover the following topics:

- Psychosocial hazards in the Fire Service



## Module 8

This module will cover the following topics:

- Addressing mental health hazards in the Fire Service



## Module 9

This module will cover the following topics:

- Interoception for firefighters



## Module 10

This module will cover the following topics:

- Leadership commitment: Setting the tone from the top



## Module 11

This module will cover the following topics:

- Proactive mental health strategies for firefighters.



## Module 12

This module will cover the following topics:

- Critical incident and crisis support for firefighters





## Module 13

This module will cover the following topics:

- Summary



I hereby affirm that I have fully completed this course designed for offshore workers. This includes watching all the prescribed video content

Yes

No

Date

Name