

MCFR MONTHLY WELLNESS

SEPTEMBER 2023 NEWSLETTER



BE A CATALYST FOR YOUR HEALTH

First Responder Suicide Awareness

September is National Suicide Prevention month. This month, we want to bring awareness to the need for mental health education and action while bringing awareness to not only first responder suicide, but first responder mental health.

Self-Care Techniques

- Keep physically active or find an activity where you can move to release tension and stress.
- Use your leave and days off.
- Take time for hobbies and personal interests outside of work.
- Build and maintain strong relationships with family and friends.
- Practice mindfulness and breathing techniques.
- Talk to your peers, supervisor, peer support team, or someone you are comfortable with at work about how you are feeling after a call.

Mental Health Resources

Click the links below

1. [First Responder Self Care Techniques](#)
2. [MCFRS Mental Health Team Quicklinks](#)
3. [Addressing Suicide Among First Responders](#)
4. [Building Resilience: Strategies for First Responders](#)

WHAT YOU CAN DO TODAY

1. Familiarize yourself with the [MCFRS Mental Health Team's Quicklinks page](#).
2. If you feel comfortable, let your peers know that you are open and willing to chat if needed.
 - a. Don't be afraid to seek help within your crew or contacting the Mental Health team.
3. **Supervisors: encourage self-care techniques while off and on duty.**
 - a. Group workouts can be a great stress reliever and a time to let off steam together.
 - b. Be open and honest around the kitchen table. Ask the question: what is one positive that happened on shift today? What is one experience that we want to debrief on?
 - c. Practice a mindfulness or breathing technique together as a crew.
 - i. This can be done riding back from a call or back at the station.
4. If you see someone struggling, say something.
 - a. If you feel comfortable, talk to the person and guide them towards the proper resource (peer support team, Mental Health team).
 - b. If you are concerned about an individual, you can reach out to peer support to engage them and let them know about your concerns for your colleague. They will take the necessary steps to follow up.



Click here!

Check out this video!

From a Firefighter who Fights Suicide: "Put Your Pride on the Shelf and Get Help."