

# FIRST RESPONDERS ARE AT RISK

**78%**

have received no resiliency training

**98%**

feel peer-led initiatives are beneficial

**81%**

increase in mental-health claims

## SUICIDE > LINE OF DUTY DEATHS

In 2015, Canada saw 40 deaths by suicide in first responders.



Symptoms of psychological disorders **4X** HIGHER than in general public

(BCPFFA survey, 2015 & Carleton et al. 2018)  
(2020 Annex Business Media)



*I was certainly impressed with the approach and content. I was very happy with the materials provided. There is a lot of information to tap into.*

- Resilient Minds Participant



Members that have completed Resilient Minds continue to reference it as some of the best training they have participated in during the course of their careers. - Deputy Fire Chief Operations

## ABOUT THE CANADIAN MENTAL HEALTH ASSOCIATION

Founded in 1918, the Canadian Mental Health Association (CMHA) is the most established, most extensive community mental health organization in Canada. Through a presence in more than 330 communities across every province and one territory, CMHA provides advocacy, programs and resources that help to prevent mental health problems and illnesses, support recovery and resilience, and enable all Canadians to flourish and thrive.



Canadian Mental Health Association  
*Mental health for all*

Canadian Mental Health Association National

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Developed in partnership with  
Vancouver Fire and Rescue  
Services



**Resilient Minds**



## BUILDING THE PSYCHOLOGICAL STRENGTH OF FIRE FIGHTERS



Canadian Mental Health Association  
*Mental health for all*

Association canadienne pour la santé mentale  
*La santé mentale pour tous*

# ABOUT THE PROGRAM

Resilient Minds will train your staff to:

- Recognize effects of psychological stress/trauma in self and peers
- Communicate with peers who may be struggling
- Respond promptly, safely and appropriately to distressed citizens
- Apply personal strategies for managing stress, mitigating trauma and boosting resilience



 Supported hundreds of fire fighters to safeguard their psychological health, resulting in informed and healthier teams.

 Only peer-led program in Canada designed by and for career and volunteer fire fighters.

 Trusted name in the fire fighter community.



*From a Chief's point of view, I stand behind Resilient Minds and support it being a mandatory training... the program gave us resources and tools we could use to help us deal with critical incidents.*

*- Chief Johnny Dugay, Kinkora and Area Fire Department*

## CONNECT WITH US:

[resilientminds.cmha.ca](http://resilientminds.cmha.ca)



Please contact the CMHA Division for your province (contact information on the back of this pamphlet) to inquire about or book any of the workshops below.

## BUILD CAPACITY

1

### TRAIN-THE-TRAINER

Workshop that prepares and certifies in-house fire fighters to become Peer Instructors to deliver the Resilient Minds course to their fire department.

This model best serves large fire departments that require multiple Peer Instructors for their department.

Co-instructed by a certified CMHA and a certified Fire Fighter Instructor.

21-hour workshop | Maximum 20 participants

2

### REGIONAL TRAIN-THE-TRAINER

The Regional option invites, trains, and certifies fire fighters from multiple fire services in a single region to become Peer Instructors.

This model best serves regions that are populated with small teams, and/or largely volunteer fire fighters

Co-instructed by a certified CMHA and a certified Fire Fighter Instructor.

21-hour workshop | Maximum 20 participants

## TRAIN YOUR FIRE FIGHTERS

### RESILIENT MINDS COURSE

A Fire Fighter Instructor provided through CMHA delivers the course to your fire department.

8-hour workshop | Maximum 25 participants



**All training is now available and/or deliverable virtually. The virtual Resilient Minds Course remains peer-led.**

## IMPACT

Resilient Minds evaluation is managed by independent research teams.



100% gained knowledge on psychological trauma and psychological disorder.



100% learned better ways to manage stress and increase resilience.



97% felt better equipped to respond and support a colleague showing signs of a psychological distress or illness.



96% reported feeling more prepared to respond to a member of the public who may be struggling with psychological health issues.



93% learned effective tools to handle stress as a result of the Resilient Minds' course.



*I think Resilient Minds should be part of the core training for every fire fighter. Not only did this program help me develop the tools when dealing with my own mental health issues but it made it easier to have the conversation within our department.*

*Early identification and treatment is key and you can't get treatment if you can't talk about it.*

*- Firefighter Joe White, Cross Roads Fire Department, PEI*

