



Keeping you Knowledgeable, Safe, and in Compliance!

Ernest A. Emerson
Fire Protection Resource Library

A Volume From the Library

May is Mental Health Month!

Firefighting is undoubtedly a high-stress profession. Firefighters experience stress from many places at once. There is the very real possibility of death and injury on the job, the pressure of rescuing people and saving lives during a call, and the weight of dealing with everyday life both inside and outside the fire house. All of these things can create a burden that proves to be too much for one person to handle.

When you have a leadership role among firefighters, you are responsible for many things - some of those responsibilities are mundane and some are significant. One of the more serious duties is accountability for firefighter safety and health, and the 16 Firefighter Life Safety Initiatives provide for mental health support (see link in "Additional Resources" sidebar). Some-

times this means paying attention to obvious signs of a person in mental distress and sometimes it requires a more management-based approach. See the "Training Videos" section below for videos and materials that cover a range of methods you can apply to your management knowledge.

Mental health must be treated with the same importance as physical health, and in fact, requires more awareness because it rarely has physical symptoms. Anxiety, depression, and post-traumatic stress disorder may develop slowly as pressure builds, but they can also progress quickly and without much warning. Missing the signs of a mental health issue may have devastating results. If you familiarize yourself with the symptoms of mental illness, you may be able to help a fellow firefighter who is suffering.

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Visit us at the William B. Travis Building:
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Additional Resources:

- [Life Safety Initiative 13: Psychological Support](#)
- [Firefighter Behavioral Health Alliance](#)
- [National Alliance on Mental Illness \(NAMI\)](#)
- [Firefighter Mental Health: Are We Really Saving Our Own? \(Fire Engineering\)](#)
- [Make Firefighter Mental Health a Top Priority in 2015 \(Fire Rescue 1\)](#)

Training Videos

DVDs

MANAGING CONFLICT

AV11-2526 Date Acquired: 8/2/2011 Length: 22:23 Format: DVD Author: ACTION TRAINING
This is Part 4 in the Fire Officer I Series. As a firefighter, you learned how to put water on fires. As a supervising fire officer, you need to become skilled at putting out a different kind of fire – conflict. Managing conflict is an essential leadership skill. In this program, we'll discuss specific ways to manage conflict effectively. Learning objectives in the video include: Specific skills and characteristics to approach conflict effectively; five different styles for responding to conflict; conflict with a team members; conflict between peers; and how to conduct discussion that lead to good decisions. (c2006)

TEAM HEALTH AND SAFETY

VHS

FIREFIGHTER CRITICAL INCIDENT STRESS, COPY 2

AV96-0551 Date Acquired: 3/22/1996 Length: 14:30 Format: VHS Author: NAC
Discusses fire fighter critical incident stress and what fire service managers should undertake to manage and control this problem.

WHEN HELPING HURTS: SUSTAINING TRAUMA WORKERS

AV00-1564 Date Acquired: 8/25/2003 Length: 50:00 Format: VHS Author: GFW
This video outlines the symptoms of Secondary Traumatization and Compassion Fatigue and what organizations and supervisors can do to prevent or reduce its effects on trauma workers. Noted therapists dis-

cuss ways of recognizing these conditions in yourself and others, plus the means of treatment and prevention.

DANGEROUS OPPORTUNITY

DON'T WORRY 'BOUT THAT NOZZLE KID, 'CAUSE WE DON'T DO FIRES ANYMORE

Audiotape

FIREFIGHTER'S GUIDE TO MANAGING STRESS

AV04-1631 Date Acquired: 3/2/2004 Format: AC Author: WAYNE D. FORD

This program is written specifically for firefighters to help them learn to manage stress. It contains reproducible charts, exercises, relaxation techniques and an action planning guide. The audiotape is of stress management exercises.