

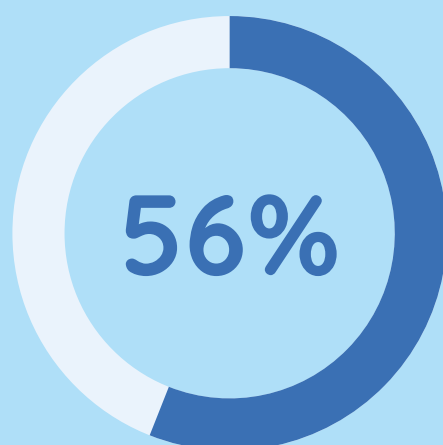
Return to Work Experiences and Mental Health of Public Safety Personnel

Return to Work Overview

- Public Safety Personnel (PSP)/First Responders often face traumatic events that increase their risk of developing mental health conditions
- Psychologically injured PSP turn to the Workplace Safety and Insurance Board (WSIB) of Ontario for support in returning to work (RTW)



- 145 PSP participated in a survey
- A majority reported their experiences with RTW as poor



PSP returned to work on their first try

The most frequently accessed health care professionals were:



Occupational
Therapists (60%)



Psychologists
(61%)



General
Practitioners (44%)

RTW Barriers & Next Steps

- Barriers include a lack of employer support, mental health stigma & lack of access to competent health care professionals
- Workplace accommodations were reported as challenging to implement
- Supportive workplace environments & specialized health care professionals are crucial
- Future research is needed to address these barriers & RTW support

