

# WORKPLACE MENTAL HEALTH INTERVENTIONS IN PUBLIC SAFETY ORGANIZATIONS

## OVERVIEW

**Public Safety Personnel (PSP)/First Responders** experience higher risks of mental health conditions due to their exposure to **workplace trauma**.

A recent study examined existing/common **workplace strategies** designed to prevent mental health conditions from developing in PSP

Of the 89 programs explored in the study:

45%

general mental health programs



53%

targeted resilience & stress management



80%

Focused on group training



Paramedics

10%

Firefighters  
25%

Police officers  
64%

- **50% +** of programs were from **police settings**
- Most PSP researched focused on **Western countries**



## IMPLEMENTATION STRATEGIES

- There was a strong reliance on group training
- Multi-session training was reported as being superior to single session programs



- Public safety organizations are aiming to foster a healthier and more **supportive workplace environment** for PSP mental health

## NEXT STEPS

- Encourage the inclusion of **diverse PSP professions** in mental health programs
- Explore implementation strategies **specific to PSP roles**
- Investigate **effective strategies**

