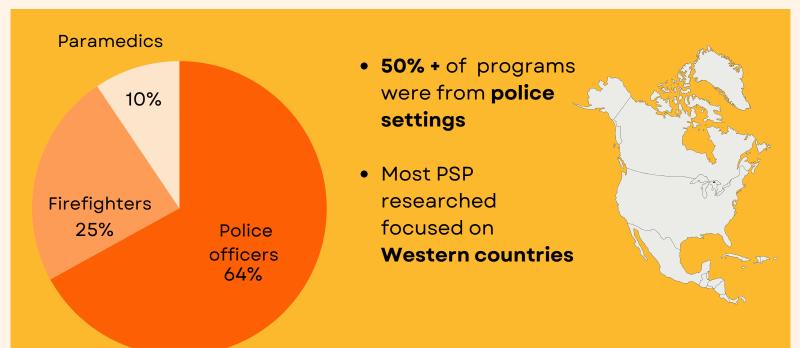
## WORKPLACE MENTAL HEALTH INTERVENTIONS IN PUBLIC SAFETY ORGANIZATIONS

## **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





## 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



**Source**: Edgelow, M., Scholefield, E., McPherson, M., Mehta, S., & Ortlieb, A. (2021). A review of workplace mental health interventions and their implementation in public safety organizations. *International Archives of Occupational and Environmental Health*, 1-20. <u>https://doi.org/10.1007/s00420-021-01772-1</u>