

Hope Through Action

Prevention and Early Intervention Are Key to Maintaining Wellbeing



Taking action to strengthen our physical, psychological, and emotional wellness and seeking help early and often are powerful strategies to staying well in wildland fire.



Prevention Through Wellness

To prevent negative mental health outcomes, we can strengthen factors that help us bounce back from stress and reduce factors that make it harder to cope. These strategies may help reduce the occurrence of mental health difficulties or prevent them from becoming too severe.

- Develop skills to manage stress.
- Address existing mental health concerns through mental health treatment.
- Maintain physical health.
- Focus on attaining restorative sleep.
- Manage substance use.
- Build meaningful social connections and establish community.
- Live in alignment with personal, philosophical, and/or spiritual values.

Addressing factors that support wellbeing can take time and sustained effort. While it can be difficult to prioritize these efforts year-round, the important part is to commit to doing what we can, when we can.

Early Intervention: Taking Action Early, Before Things Get Worse

As emergency responders, seeking mental health support should be a routine part of maintaining our overall health and wellbeing. Unfortunately, it's common that we wait until symptoms are severe to ask for help.

Challenge yourself and others to seek support early, before things get worse. Mental health professionals can help you increase coping skills, build resilience, and focus on specific issues that may be impacting your life at home or at work. "Checking in" with a mental health provider every now and then, even when things are going well, can also be helpful for maintaining long-term mental health.

By seeking support or making changes in your life to support wellbeing, you are serving as a leader and example to other firefighters.

11 YEARS
*is the average
delay between
onset of mental
health symptoms
and treatment.*

[National Library of Medicine](https://www.nlm.nih.gov/mentalhealth/)



If you are experiencing thoughts of suicide or are in distress, dial or text 988 for free, confidential support available 24/7.

988 SUICIDE & CRISIS
LIFELINE