

MAY 2022

FIRE & RESCUE HEALTHY NEWS

Brought to you by the South Heartland District Health Department

Resources:

If you are having difficulties after a call, talk to someone on your team that you trust about your concerns and struggles.

NATIONAL SUICIDE
PREVENTION LIFELINE
1-800-273-8255

COVID-19 Vaccines:

It's not too late to get a COVID-19 vaccine or booster.

Vaccine shots are available by SHDHD every Wednesday, 4-6 p.m., at Allen's in Hastings

Additionally, if you visit southheartlandhealth.org and click on the "Find a Vaccine Near You" tab, you can search for vaccine clinics in your area.

May is Mental Health Awareness Month

MHM raises awareness of trauma and the impact it can have on the physical, emotional, and mental well-being of children, families, and communities. In order to continually care for others when the call comes in, you must first take care of yourself.

"EMS are in great danger of being exposed to potentially traumatic situations that pose risk of harm to them or the people under their care. This constitutes a great risk for the behavioral health of first responders, putting them at risk for stress, PTSD, depression, substance use, and suicide ideation/attempts," according to a 2018 study by the Substance Abuse and Mental Health Services Administration.

However, there are many steps EMS crews can take to support themselves and others when dealing with mental and behavioral health.

- Plan in advance of disaster mobilization, and develop clear written protocols and strategic plans. This is important for the behavioral health of first responders because the feeling of being well-prepared and the sense of doing a job well serve as protective factors against behavioral health issues and conditions
- Include all the team members in the development of the protocol, and ensure they are all adequately trained. Teamwork and sense of community serve as major protective factors for disaster workers. High sense of team accomplishment and assurance of personal and team capabilities were associated with reduced stress levels.
- Be aware of personal vulnerability and signs of burnout and compassion fatigue.
- Make plans prior to the disaster for self-care during the disaster response and plan on taking breaks, sleeping adequately, and eating nutritious meals and exercising during relief work

SOUTH
HEARTLAND
DISTRICT



HEALTH
DEPARTMENT

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Thank you for your constant service to your communities!