



The State of Provider Mental Health

The image features a stylized American flag background. The top half shows the red and white stripes, and the bottom half shows the blue field with white stars. The text is centered in a white serif font on a solid red rectangular background that spans the width of the image.

Stress and stress management

- The EMS work environment and trauma exposure
- Individual system differences
- Stress management not currently a focus for educational institutions
- Stress management not currently a focus of most EMS agencies



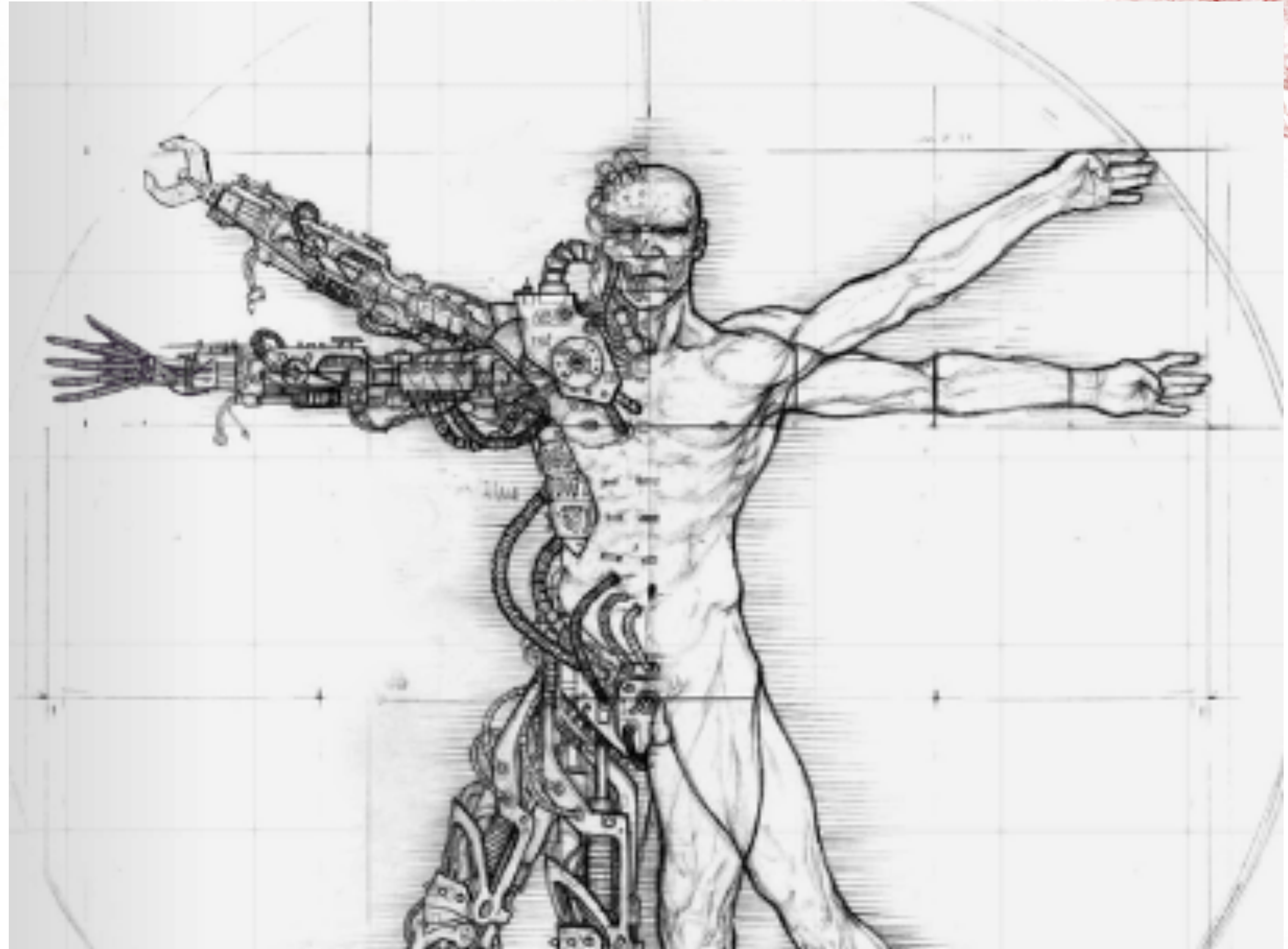
System factors and EMS stress

- Supply and demand
- Compassion fatigue
- People are still doing the work for free
- EMS in the U.S. is non-essential
- We live in a violent society
- Long shifts, fatigue and low wages are problems



Culture - Human or Machine?

- Suck it up mentality
- Downplay trauma
- We are in denial



change
is.
coming

THE MOST
POWERFUL
WEAPON
ON EARTH IS
THE HUMAN
SOUL ON FIRE

TRANSFORM



THE CODE GREEN CAMPAIGN

We call code strokes, code STEMIs, and code traumas. It is time we called a code alert on our mental health.



IAFF CENTER OF EXCELLENCE
FOR BEHAVIORAL HEALTH TREATMENT AND RECOVERY

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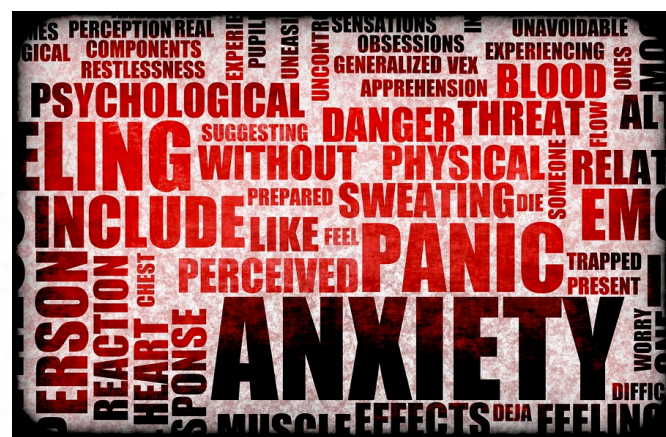
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Picture storage



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