



NAEMT Mental Health Resilience Officer Course

Ideas for Community Engagement

Engage Your Community – Your community has valuable resources to help your agency. To develop a mental health resilience program, build on existing relationships (such as with your insurance company) and create new ones, such as with wellness vendors, local healthcare providers and community groups, to provide resources to employees at little to no cost. Local businesses and professionals may be more willing to participate.

- College and universities – Ask a local college or university if they want to partner with you to design, collect data and measure the results of a wellness initiative.
- Health insurer – See what your health insurance provider has to offer as far as smoking cessation, weight loss or other health and wellness services.
- Fitness centers – Reach out to local fitness centers, YMCAs or recreational centers for discounted memberships for employees.
- Trainers and instructors – Personal trainers and yoga instructors may be willing to offer free or discounted sessions to EMS practitioners.
- Healthcare providers – Contact chiropractors and physical therapists to ask if they would offer discounted sessions for your personnel.
- Mental health professionals – Identify counselors, therapists, psychologists or psychiatrists who would welcome referrals. Mental health professionals with experience working with EMS professionals is always preferred. EMS practitioners may be more willing to open up to those who understand the nature of their job and may benefit more if they don't need to explain the unique challenges of working in EMS. Experienced, credentialed counselors and therapists should be able to look at the whole person, taking into account past traumas experienced outside of work, mental health disorders that may have predated their EMS career, relationship dynamics, financial stressors and other factors, and help the individual work through issues and develop tools to cope. Word-of-mouth recommendations, online reviews and calling therapists in advance to get a sense of their approach and interest in treating EMS professionals can help you identify professionals who would be a good fit for your agency. Mental health



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professionals may be willing to discount fees if you let them know that you're developing a list of select providers to support local agency personnel.

- Financial advisors – Financial advisors may also be willing to provide a consultation free of charge, or serve as a resource for people with financial questions and concerns.