



National Wildfire Coordinating Group

Risk Management Committee – Mental Health Subcommittee



The NWCG Mental Health Subcommittee announces the annual campaign of Suicide Prevention Week, September 5-11, 2021. Suicide Prevention Week is observed in the United States and is intended to educate and reduce the stigma around mental health and promote suicide prevention awareness. This year, we are proud to follow the Mental



Health America 2021 campaign, Tools 2 Thrive. We have added our own unique connection to wildland fire to help you use and relate to the tools. Our intent is to provide information that will assist you and the people in your life with tools and encouragement for good mental health and a balanced life. We hope to remove the stigma associated with mental health and help everyone realize that connecting with a professional therapist can be part of a healthy balanced lifestyle, just like physical fitness.

This week we ask each of you take a pause. Spend a moment reading the daily messages that have been developed to help us. Daily, consider implementing one small change to benefit yourself. Our jobs are demanding, and we step in repeatedly to take care of others. It is critical to learn how to make yourself a priority. If you don't take care of yourself, you can't take care of others. In the pursuit and maintenance of your best life, we encourage you to engage in the daily messages about accepting reality, adjusting after trauma, connecting with others, and the additional messages that have been developed by the NWCG Mental Health Subcommittee.

Thank you for all that you do; you are valued and appreciated.

Please visit the [NWCG Mental Health Subcommittee](https://www.nwcg.gov/committees/mental-health-subcommittee) (<https://www.nwcg.gov/committees/mental-health-subcommittee>) page to find resources for:

- Employee Assistance Program (EAP).
- Directories of behavioral specialists specializing in help for first responders.
- Hot topics and the daily suicide prevention messages.

Each of us can be a part of the success in reducing the number of deaths by suicide each year. By taking the time to read this week's daily messages, you are taking a step in that success. Having the Tools 2 Thrive will help us take care of our mental health and be able to help those around us. Thank you for your time and commitment.

