



# National Wildfire Coordinating Group

Risk Management Committee – Mental Health Subcommittee



## Suicide Prevention – Changing the Story

Each year, we set aside this week to address the topic of Suicide Prevention. The NWCG Mental Health Subcommittee

(<https://www.nwcg.gov/committees/mental-health-subcommittee>) has incorporated Mental Health America's 2021 theme, Tools 2 Thrive, to build daily messaging for the wildland fire community. This messaging includes topics on how to manage our mental health and wellness for wildland fire personnel and for the people in our personal lives. By implementing the Tools 2 Thrive, we build a better life for ourselves and those around us. The desired end state is to enable a better quality of life mentally, emotionally, and physically, and to contribute to reducing the number of deaths by suicide each year.



## Recap of Tools

As you navigate the days ahead, which for some of us means the end of our seasonal work or a transition out of the high fire behavior assignments, remember the tools from this week:

1. Accept Reality
2. Connect with Others
3. Create Healthy Routines
4. Own your Feelings
5. Take Time for Yourself
6. Support Others
7. Implement Measures to Help You Adapt After Trauma and Stress

To learn more and to find additional tools to support good mental health, please see the Mental Health America Tools 2 Thrive, <https://www.mhanational.org/mental-health-month>.

Be proactive and engage a professional clinician as part of your routine health and wellness plan. Seeing a therapist once a month for our mental health should be as routine as going to the gym for our physical health. Keep the mind and body fit and experience the high quality of life you deserve.

If you, or someone you know, is experiencing feelings of suicide or is overwhelmed by stress and life currently, please call the National Suicide Prevention Line. Seek out a licensed professional therapist to help you. For a list of Behavioral Specialists that have experience in working with the Emergency Services and First Responder Community, please see the Directory of Behavioral Specialists, <https://www.nvfc.org/phfd/>, or contact your agency's employment assistance program.

