



Safety Stand Down 2025 Activity Ideas

Break the Stigma: Behavioral Health RESET

Use these activity ideas to get inspiration for how to implement Safety Stand Down in your fire or emergency service department. Find additional resources at www.safetystanddown.org.

Activities Prior to Safety Stand Down

- Register for and attend the [Safety Stand Down Roundtable Talk](#), taking place on June 11 at 2pm ET. If you can't make the session live, watch the recording as a department activity during Safety Stand Down.
- Listen to the [FireRescue1 podcast](#) on preparing for Safety Stand Down.
- Encourage all personnel to take the [Safety Stand Down Sweepstakes Quiz](#) to test their knowledge of key concepts relating to this year's theme. Quiz takers can also enter for the chance to win one of 200 limited edition challenge coins. Consider taking a screenshot of the quiz questions to review/discuss as a group during Safety Stand Down, after everyone has completed the online quiz.
- Spread the word to your department and network about Safety Stand Down, this year's theme, and your department's planned activities. Include information in your department newsletter, bulletin board, intranet, training schedules, and other communication methods.
- Review the [planning materials](#) and [resources](#) available on the Safety Stand Down web site to see how you can incorporate them into your department's activities for the week and beyond.

Activities for Day 1: Recognize

- Distribute the Day 1 one-pager to your crew, which will be available in advance of the week on the [Planning page](#) of the web site.
- Host a department-wide training to review important information with your personnel, including warning signs to watch for, where to go if they need help, department SOPs/SOGs related to behavioral health, and local and national resources that are available.
- Develop resources for new recruits so members know from the beginning what challenges they may face, tips for building resiliency, signs to watch out for in themselves and their fellow responders, where to get help if they need it, and resources available through your department.

Activities for Day 2: Educate

- Distribute the Day 2 one-pager to your crew, which will be available in advance of the week on the [Planning page](#) of the web site.
- Distribute [this video](#) on warning signs to watch for and [this video](#) on what to say to someone who is struggling.
- If your department works with a local behavioral health professional, peer support team, chaplain, or other subject matter expert, ask them to conduct a learning session for all personnel on the challenges they may face, signs to watch out for, and what to do if they are struggling.



Activities for Day 3: Strategies

- Distribute the Day 3 one-pager to your crew, which will be available in advance of the week on the [Planning page](#) of the web site.
- Make a plan for conducting an assessment of your department's behavioral health initiatives and identify gaps that need to be filled or areas that need to be improved. You can utilize the IAFF's [checklist](#) for building a comprehensive behavioral health program.
- Review your department's SOPs/SOGs relating to behavioral health to make sure they are up-to-date and meet the current needs of your department and its members.
- [Make the commitment](#) to becoming a Psychologically Healthy Fire Department.
- Include the family! Develop a plan to incorporate the families of your responders in behavioral health education and support. Utilize resources such the NVFC's [What to Expect guide](#) and [For Those Who Love a First Responder course](#), and the IAFF's [Power of Family and Connection](#).

Activities for Day 4: Empower

- Distribute the Day 4 one-pager to your crew, which will be available in advance of the week on the [Planning page](#) of the web site.
- Develop and distribute a list of resources that are available to your members if they need support. Include local resources, department resources such as an employee assistance program, and national resources like the [988 Suicide & Crisis Lifeline](#), NVFC's [First Responder Helpline](#) and [Directory of Behavioral Health Professionals](#), IAFF [Center for Excellence for Behavioral Health Treatment and Recovery](#), [Boulder Crest Foundation](#), and [VOA ReST 4 First Responders](#).
- If your department has an employee assistance program, hold a session to review what it offers and how members can take advantage of it.
- Hold a session to review the protocol to follow after a difficult call or if a department member sees that a fellow member is struggling.

Activities for Day 5: Training

- Distribute the Day 5 one-pager to your crew, which will be available in advance of the week on the [Planning page](#) of the web site.
- Review online behavioral health training available from trusted sources and develop a plan to incorporate these trainings into your annual department training schedule. Find a list of trainings on the [Safety Stand Down Resources page](#).
- Identify members of your department willing and able to take the Peer Support Training offered by the IAFF. You can find a training or request to host a training [here](#).
- Identify members of your department willing and able to take the Mental Health First Aid for Fire/EMS training offered by the National Council for Mental Wellbeing. Find a training [here](#).
- [Submit your department's Safety Stand Down Success Story](#) to report how you participated in Safety Stand Down and what your department will do to continue to focus on safety, health, and training so you can inspire and motivate others.