



2025 FIREFIGHTER SAFETY STAND DOWN



EMPOWER

One of the hardest things for a first responder to do is admit that they need help in the face of adversity.

In order to help promote, protect, and preserve the resilience of our first responders, organizations must:

- Take the lead in recognizing the need for increased behavioral health awareness
- Educate members and their families on the topic of behavioral health
- Develop and implement strategies to effectively prevent, identify, and respond to real or potential behavioral health issues

Responders must be empowered to recognize their own stressors and struggles and the need to seek and accept resources.

- Organizations must build a culture of support and safety so that their members don't feel isolated or alone when dealing with a behavioral health issue.
- Asking for help or support in a difficult time should not be viewed as a sign of weakness. Instead, it should be met with a genuine show of compassion and support.

Empower all levels of the organization to “speak up” and to not be afraid or ashamed for seeking support or resources for behavioral health issues.

RESOURCES ...>



NATIONAL VOLUNTEER FIRE COUNCIL
FIRE • EMS • RESCUE



www.SafetyStandDown.org

In addition to departmental and local resources, the following resources are available if you or someone you know needs help:

- 988 Suicide & Crisis Lifeline
<https://988lifeline.org>
- NVFC First Responder Helpline
www.nvfc.org/helpline
- Directory of Behavioral Health Professionals
www.nvfc.org/provider-directory
- IAFF Center for Excellence for Behavioral Health Treatment and Recovery
www.iaffrecoverycenter.com
- Boulder Crest Foundation
<https://bouldercrest.org>
- SAMHSA's National Helpline
www.samhsa.gov/find-help/helplines/national-helpline
- Crisis Text Line
www.crisistextline.org
- VOA ReST 4 First Responders
<https://rest4firstresponders.com>
- Firefighter & Family Crisis Line
www.firestrong.org
- Firefighter Behavioral Health Alliance
www.ffbha.org