Metro Chiefs Conference

“I wish my head could forget what my eyes have seen”
I cant forget!
Mental Health – Affects Everyone

- Whole-Time: 20%
- On Call: 13%
- Control Room: 29%
- Support Staff: 30%
55,000 shifts lost every year to Mental Health issues
Mental Health – THE FACTS

Can take many forms including:

- Severe Stress
- Depression
- Bipolar affective disorder
- Schizophrenia
- Eating disorders
- Anxieties
- Phobias
- Obsessive compulsive disorder
- Drug and Alcohol abuse
- Post-Traumatic Stress Disorder
- Complex Bereavement
- Dementia

- Can affect anyone of us
Mental Health – THE FACTS

1 in 4 blue light service employees will have a mental health problem of some sort in their career

3 in 10 fire and rescue service employees will have a mental health problem of some sort in any one year

Mental Health ranks alongside cardiovascular disorders and cancer as among the UK's biggest health problems.
Mental Health – THE FACTS

85% of fire and rescue staff and volunteers have experienced poor mental health at work

51% of firefighters had taken time off work due to stress

57% of firefighters had contemplated leaving the job

61% of firefighters had sought medical help

59% of firefighters had experienced a Mental Health problem

30% of firefighters had contemplated taking their own lives

51% of firefighters had taken time off work due to stress

Bedfordshire Fire and Rescue Service
What YOU can do

• Tackle stigma and discrimination
• Embed workplace wellbeing
• Build resilience
• Provide information and support
• Improve support pathways
Supporting Mental Health in Bedfordshire FRS

- 24/7 Employees Assistance Programmes – Workplace Wellness
- MIND Mental Health Champions – Blue Light Time to Change Pledge
- TRiM – Trauma Risk Management
- Mental Health Awareness Workshops
- Intranet / Blue Bulletin
- LearnPro Module presentation – ‘Mental Health Awareness’
- Provision of Educational Material, Leaflets, Workshops etc.
- Additional training for crews undertaking Co-responding
- Group / peer support
- Multi-faith Chaplaincy
Who can help?

- The Fire Fighters Charity
- NFCC National Fire Chiefs Council
- Local Government Association
- PC David Rathband’s Blue Lamp Foundation
- Bedfordshire Fire and Rescue Service

We're supporting the Mind Blue Light Programme

mind.org.uk/bluelight | Mind | Cabinet Office
Supporting the fire services community for 75 years
Final Thought ...

All organisations say routinely ...
“People are our greatest asset”
Yet few practice what they preach, let alone truly believe it

- Peter Drucker

**METRO CHIEFS ....be one of the few!!**
THANK YOU FOR LISTENING

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