

## Compassionate care for the public safety community

Due to the nature of their job duties, public safety personnel may be at increased risk of trauma-related mental illness, including post-traumatic stress disorder (PTSD). With greater awareness and the right tools, first responders can proactively maintain their wellness. Like any other injury, PTSD is not a sign of weakness and can be successfully treated.

As a community, we can help public safety professionals stay well and continue to serve by normalizing the conversation and promoting access to compassionate care. That's why we created the mantra ACCEPT – PREVENT – TREAT. Holistic wellness – beyond physical wellness – is the key to healthy and resilient public safety practitioners. It's time to **accept** that it's okay to not be okay, **prevent** harm by building cultures of openness and wellness, and **treat** those who are suffering.

### PTSD does not have to be career-ending

Share the ACCEPT – PREVENT – TREAT mantra to support the wellness of those who serve our communities.

### Our mission

The Minnesota Public Safety Wellness Initiative comprises a cross-section of Minnesota organizations working together to bring attention to the concern of public safety mental health. Our mission is to bring awareness to this issue while promoting acceptance, prevention and treatment. Our aspiration is that all community members support first responders in their efforts to stay well and be well.

LEARN MORE



### Accept

Let's talk about our struggles



### Prevent

Be proactive about wellness to maintain resilience



### Treat

And know that healing is possible

## MN Public Safety Wellness Initiative members

