

Course Objectives

TMWFR Virtual is an evidence-based training, developed to initiate a shift in the way you think, act, and feel about mental health in the workplace. It is specifically designed for first responders in fire, police, EMS, 911, corrections, and health care settings. The virtual course offers a primary version for employees and a leadership version for supervisors and team leads



Three Core Modules offer the same foundational content to both primary and leadership participants. They focus on increasing self-awareness and taking care of your own mental health.



- ✓ **Module 1: Mental Health and Stigma** will introduce participants to the concepts of mental health and stigma, and it will discuss impacts of stigma on individuals living with mental health problems.
- ✓ **Module 2: The Mental Health Continuum** will cover the Mental Health Continuum Tool and look at how participants can use it to notice changes in themselves and discuss mental health with others.
- ✓ **Module 3: Stress, Resilience, and Mental Toughness** will discuss the impacts of stress on mental health and provide an opportunity for participants to practice the Big 4 coping strategies – proven tools to help deal with stress effectively and remain resilient.

The Leadership Module offers leadership-specific content and focuses on helping leaders support their teams' mental health



- ✓ **Module 4: Supporting Your Team** will build on the three core modules and introduce leaders to the Triple S (Shield, Sense, Support) approach with practical tools to support individual employees, and to support their team's mental health.



Flexible Course Delivery

The Working Mind First Responder Virtual is divided into four distinct modules. Its flexible delivery format allows for choices in scheduling and modular format supports increased participant engagement in a virtual learning setting.



The four modules are designed to be delivered:



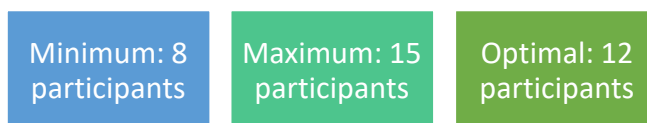
- ✓ In the order given, as the content builds on each previous module.
- ✓ Spaced out or chunked, within a timespan of no longer than two weeks.
- ✓ Organized into separate primary and leadership cohorts.

To receive a certificate of completion



- ✓ Primary requires completion of Modules 1-3.
- ✓ Leadership requires completion of Modules 1-4.
- ✓ Participants are expected to complete all the required modules with the same cohort.

Virtual Course Group Size:



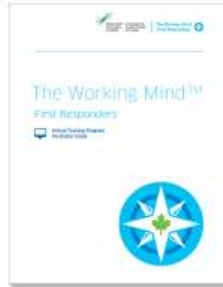


Course Package

Slide Presentation



Facilitator Guide



Participants Handouts



Testimonial Videos



All First Responder Groups

Virtual Activities

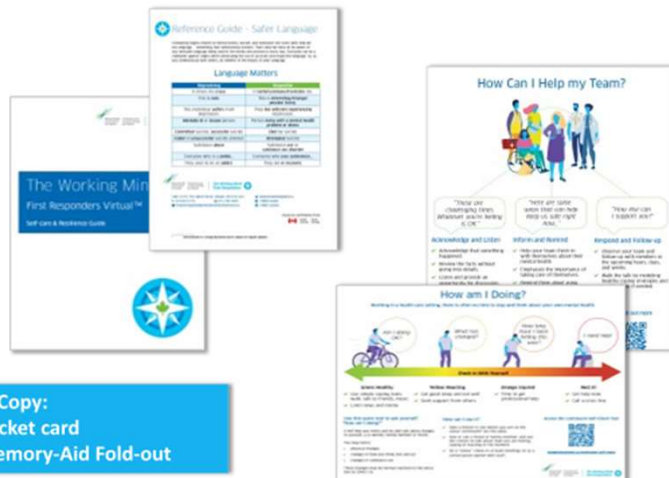
- ✓ Quizzes and Polls
- ✓ Brainstorm questions
- ✓ Large group activities
- ✓ Breakout activities
- ✓ Scenarios
- ✓ Videos
- ✓ Review questions



Mental Health Continuum Tool



Mental Health Guides and Posters



Hard Copy:
✓ Pocket card
✓ Memory-Aid Fold-out

