



# The Rural First Responders Family Package

## Supporting the Mental Health of Rural Alberta First Responders and their Families

AMHSA offers FREE comprehensive, evidence-based mental health training and services that include customized content for both first responders (fire and rescue, paramedical, emergency health care workers, law enforcement) and their families working in rural, remote, and Indigenous communities in Alberta.

### Family Package Access

Once a first responder has participated in the training, an of-age family member is eligible to access the Family Package. Family members will also receive access to the Espri by TELUS Health app.

(Note: Indigenous peoples attending the training may select an of-age community member to be an authorized family member delegate.)

### Participate In A Special Family-Focused Interactive Session

Interactive sessions designed to provide practical knowledge and skills for first responder family members and help improve family mental health and stability.

Led by a certified facilitator in a live-virtual session with a small group of 15 participants, and features engaging activities, videos, scenarios and discussions.

### Topics Covered During The Session

- The Working Mind First Responder (TWMFR) Course
- Workplace stigma and family health
- The Mental Health Continuum Tool
- Talking mental health with your family

### What Participants will Learn

- Gain insight into why TWMFR training is beneficial for first responders.
- Identify how workplace stigma can impact family mental health.
- Practice using the mental health continuum tool to help recognize changes in their mental health.
- Explore how to open conversations and talk about changes in mental health as a family.

## Register Today!

Register now for your FREE Family Package Interactive Session at [ruralfirstresponder.ca/register/](https://ruralfirstresponder.ca/register/)

The program is offered by the Alberta Municipal Health and Safety Association (AMHSA) in consultation with Mental Health Commission of Canada (MHCC), the University of Calgary Department of Clinical Psychology, and TELUS Health, and is supported by funding from the Government of Alberta.

#### Program Partners



Commission de la santé mentale du Canada



Alberta Municipal Health and Safety Association

# AMHSA

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