TAKE 5 FOR SAFETY

5-MINUTE SAFETY DRILL

Wellness : Depression Can Be Overcome!

Date:_____

Student:_____

Dept:_____

Station:_____

Training Code:_____

NOTES:

CHALLENGE

Feeling down from time to time is a normal part of life. But when sadness takes hold and won't go away, it may be depression. A person with severe depression has little or no interest in work or hobbies, and may even have trouble getting out of bed. With treatment and help, you can feel better. Learning how to understand depression – including its signs, symptoms, and causes – is the first step to overcoming the problem. Failure to acknowledge this situation can create serious problems for everyone involved.

DISCUSSION

- Have you or anyone you know experienced periods of depression?
- What impact did it have on your professional or personal life?
- What advice would you give someone suffering from depression?
- Do you think depression could pose a safety risk to team members?
- How does your department handle emotional crisis?
- Do you think it's effective?
- What needs to change?

The greatest asset of the fire service is our people; protect them!

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Ask for public entity safety coordinator

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