

# Mental Health & Human Resilience

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## Attitude towards trauma exposure and psychological support in the fire service

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Trauma Risk Management (TRiM) is an in-house peer support program for traumatic stress that originated in the armed forces. TRiM was designed for use in the emergency services but can be used in any workforce at high risk to stressors which could have a detrimental effect on employee mental health. The intervention trains employees to recognize early distress signs in peers by conducting basic risk assessments. Previous research acknowledges TRiM as an accepted supplementary method of staff support, however does not address the stigmatic attitude of employees when help-seeking. This paper investigates the use of TRiM in the fire service, using qualitative methodology to explore the reasoning behind the positive attitude and adaption towards the intervention. Specifically, I will juxtapose Critical Incident Debriefing (CID) and TRiM as methods of mental health support, focusing on the difference in negative connotations of CID and positive attitude towards TRiM. By examining methods of support for mental health that are accepted in the workplace, we are promoting positive help-seeking. I argue that by understanding the reasoning behind whether an intervention is accepted and used we can take the positive aspects and more widely implement the desired and effective mental health support.

### Biography

Chelsea Robertson is currently pursuing MSc at King's College London, having gained her undergraduate degree from University of Dundee, Scotland. She has spent time abroad studying Disaster Psychology in New York and trained in Psychological First Aid with the American Red Cross. Recently she is working under the supervision of Professor Neil Greenberg who is the President of the UK Psychological Trauma Society to investigate Trauma Risk Management (TRiM) as a means of early PTSD prevention in fire fighters. She was trained to become a TRiM Practitioner and will graduate this September with an MSc in Organizational Psychiatry and Psychology.

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