



Newsletter Date

SAFETY SIREN

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FIREFIGHTER MENTAL HEALTH

"PTSD"

Post Traumatic Stress Disorder

To support Firefighters's ability to complete their job to the best of their ability, it is important that firefighters are able to maintain both physical and psychological well-being.

Firefighter Mental Health, "PTSD" Post Traumatic Stress Disorder



UFUQ State



SOU State



QFRS Fire Care



QFRS State

UFUQ State Secretary John Oliver is asking UFUQ members state-wide to support and participate in a research project to better understand the challenging and rewarding things a firefighter's work involves.

The United Firefighters Union of Australia, Queensland Branch initiated [8] eight months previously, a sponsored research project by the following persons.



Queensland University of Technology

- **Dr. Deanne Armstrong**

Registered Psychologist, MAPS / PhD Scholar / Unit Coordinator PYB306
School of Psychology and Counselling, Faculty of Health, Queensland University of Technology,
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- **Associate Professor Jane Shakespeare-Finch, PhD**

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FIREFIGHTER MENTAL HEALTH

Target Group/s

Support

Strict confidentiality

Project brief

Expected benefits

Consent

Overview

Target Group/s in the “Workplace”

Researchers from QUT, Dr. Deanne Armstrong and Associate Professor Jane Shakespeare-Finch are investigating the health and well-being of firefighters, from new recruits and auxiliary staff, to long serving officers, specifically reviewing Firefighter Mental Health, “PTSD” Post Traumatic Stress Disorder.

Industrial and Fire Agency Support

Deanne & Jane have the full support of the United Firefighters Union, Queensland Branch, Queensland Fire and Rescue Service, Senior Officers Union Queensland and QFRS Fire Care.

Confidentiality

Comments and responses are anonymous and will be treated confidentiality. The names of individual persons will not be required in any of the responses of the survey.

There is a telephone interview stage for those firefighters who wish to participate and that will involve the need for contact details and the firefighters name but this information will not be stored with the individuals survey information.

All principle sponsors [UFUQ State, SOU State, QFRS State] are all totally committed to this research and it is vital that you know that all the information you provide is **strictly confidential** and is only available to QUT Researchers Dr. Armstrong and Associate Professor Shakespeare-Finch.

This is your opportunity as operational firefighters to contribute and have your thoughts heard and counted.

The more people who fill in the questionnaire / survey, the more we will know about how things are going for UFUQ members, and the development of better ways the QFRS will support you in our chosen profession.

Research Project - Brief

To support firefighters's ability to complete their job to the best of their ability, it is important that firefighters are able to maintain both physical and psychological well-being.

The purpose of the project is to investigate a range of things that may be related to well-being and mental health in firefighters.

The objective is to learn more about what affects the well-being of firefighters and will ultimately help to improve their mental health and much needed enhanced staff support services.

The investigation will involve the health and well-being of operational firefighters, from new recruits and auxiliary [part time], to long serving fire officers in the QFRS.



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Expected Benefits

It is expected that this project will not directly benefit the current participants. However, it may benefit the general firefighting community.

The information that is gained in this project will help the researchers to better understand the experience of being a firefighter and how the job affects firefighters well-being.

The information gained from the "survey" will be used to try and improve the overall well-being and mental health of firefighters across Queensland.

Consent to Participate

If the firefighter is interested in participating in the study, the completion of the survey is accepted as an indication of consent to participate in the research project.

Overview

The research project has been progressed to the current position by the education and research of [2] two talented academics who are committed to addressing the "Firefighters Mental Health" specifically acknowledging and targeting firefighters [PTSD] Post Traumatic Stress Disorder.

This disease is as debilitating as any physical illness and is not proactively addressed in our members general health and well-being by their respective fire agencies.

The United Firefighters Unions State Secretary John Oliver is committed to our Members Mental Health and has released a "slogan" to reiterate the UFUQ position.

Firefighter Mental Health, Proactive NOT Reactive

Please refer to the link provided:

<http://survey.qut.edu.au/survey/173617/1192/>

"FIREFIGHTER HEALTH & SAFETY" NON NEGOTIABLE"

Authorised by John Oliver State Secretary United Firefighters Union of Australia Union of Employees Queensland