PSHSA.ca Public Services Health & Safety Association

Stronger, Together.
Strength doesn't mean silence.



Supporting Mental Health in Public Safety **Through Connection**

Social connection isn't just helpful after something difficult - it's a powerful prevention tool. **Strong social connections help reduce the impact of stress and trauma, support recovery, and protect long-term mental health.**

Ways to Strengthen Connections

- Stay in touch with people you trust - map it out (who is in your orbit?)
- Join groups, teams, or communities that give you a sense of belonging
- Connect with trusted relationships during everyday moments, not only after difficult calls
- Make time for connection - building it takes intention, and even small steps matter

Try This | Write down your intentions, e.g., "*I will call my friend tomorrow after my shift, we've been through a lot together*"

It's okay to ask for help.

You're not alone.

Support is available:

References

Canadian Emergency Response Psychosocial Support Network. (2025). Building social connections. **https://canemerg-urgencecan.com/building-social-connections/**

Vig, K.D., Mason, J.E., Carleton, R.N., Asmundson, G.J.G., Anderson, G.S., & Groll, D. (2020). Mental health and social support among public safety personnel. Occupational Medicine. **https://doi.org/10.1093/occmed/kqaa129**