

# Virtual Program on Stress Management, Mental Resilience and Psychological Well- being for Fire & Emergency Service Personnel

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## **1. Background**

Fire and Emergency Service personnel constitute one of the most critical components of the emergency response system. In Gujarat, firefighters and emergency responders routinely deal with structural fires, industrial accidents, chemical emergencies, road traffic accidents, rescue operations, floods, cyclones, building collapses and other emergency situations. These incidents often involve exposure to traumatic events, fatalities, injuries, uncertainty and high operational demands.

The nature of firefighting requires personnel to make rapid decisions under extreme pressure while ensuring public safety and protecting lives and property. Repeated exposure to stressful and traumatic situations can adversely affect physical health, emotional well-being, sleep patterns, family relationships and overall job performance.

The National Disaster Management Authority (NDMA), through its Guidelines on Mental Health and Psychosocial Support Services in Disasters, emphasizes the importance of psychological preparedness, stress management, psychosocial support, and resilience-building for first responders and emergency personnel. The guidelines advocate the integration of mental health and psychosocial support into disaster preparedness and response systems.

Recognizing the importance of maintaining a healthy, resilient and operationally effective Fire and Emergency Service workforce, the Gujarat State Fire Academy (GSFA) is organizing this program to enhance awareness of occupational stress and equip personnel with practical strategies for stress management, post-incident recovery and peer support during and after critical emergency operations.

## **2. Objectives**

The program aims to:

- Enhance awareness regarding occupational stress and its impact on physical and mental health.
- Enable participants to recognize early signs of stress, burnout, compassion fatigue and emotional distress.
- Introduce practical techniques for managing stress during and after emergency operations.
- Build psychological resilience and adaptive coping mechanisms.
- Promote healthy lifestyle practices that support mental well-being.
- Strengthen peer-support systems within Fire and Emergency Services.
- Encourage timely help-seeking and reduce stigma associated with mental health concerns.
- Familiarize participants with post-incident recovery practices following prolonged firefighting and rescue operations.

### **3. Expected Outcomes**

At the end of the program, participants will:

- Understand occupational stress and its implications.
- Recognize early warning signs of psychological distress.
- Learn practical methods to manage stress effectively.
- Improve emotional regulation during emergencies.
- Strengthen personal and team resilience.
- Enhance operational readiness and performance.
- Foster a psychologically safe and supportive workplace environment.

### **4. Methodology**

The webinar will adopt an interactive and practice-oriented approach comprising:

- Expert presentations
- Experience sharing by Fire Service personnel
- Case studies and operational examples
- Interactive discussions

### **5. Program Details**

**Organiser:** Gujarat State Fire Academy (GSFA)

**Mode of Delivery:** Online

**Date:** 24 June 2026 (Wednesday)

**Time:** 11:00 hrs – 13:00 hrs

**Program Link:**