



Paramedic Association of Canada  
Association des Paramédics du Canada

# Paramedic Mental Health and Wellness

Paramedics are exposed to psychological stress and/or traumatic events everyday. There is a lack of research in paramedic mental health and wellness.

## REQUEST:

- That Government invest in Paramedic health and wellness research as a targeted investment
- That Government support the development of a coordinated national action plan for Paramedic Mental Health and Wellness

There is need for a coordinated national plan as multiple agencies are working on various strategies for mental health and wellness.

There is need for greater support for scientific evidence-based research and intervention.

Discussions are underway for Government to commit to developing a dedicated Canadian institute for public safety research and treatment.

## 2016 PAC Mental Health & Wellness Survey of over 6000 paramedics:

~30% of paramedics have contemplated suicide

~60% of paramedics know of a paramedic colleague that has contemplated suicide

~70% of paramedics are concerned that a paramedic colleague is at risk for suicide



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