

# Supporting the mental health of public safety personnel through allied health care

Repeated exposure to trauma encountered on the job can have serious impacts on the mental health of first responders and other public safety personnel (PSP). Here's how the following health care professionals can assist in treatment and recovery from trauma.

If you think you are experiencing a work-related mental health injury, see me **immediately** to begin treatment.

## Primary care physician

Your family doctor or a general practitioner, and initial point of contact for any mental health concern.

**A primary care physician can:**

- Diagnose many common mental health conditions, including posttraumatic stress disorder (PTSD)
- Prescribe medication and a treatment plan
- Provide ongoing monitoring and case management
- Provide referral to additional mental health care specialists where appropriate



You **DO NOT** have to wait for my diagnosis to begin a treatment plan or to file a work-related compensation claim!

## Psychiatrist

A medically trained specialist in mental health treatment, available only by referral.

**A psychiatrist can:**

- Provide a one-time visit, diagnosis and treatment plan that your primary care provider can help you manage
- Provide detailed information about your diagnosis
- Provide referral to additional mental health care specialists where appropriate



## Occupational therapist

A therapist who supports clients in developing the skills needed to re-engage in daily tasks, hobbies, and meaningful activities.

Available by referral or through private payment, **an occupational therapist can:**

- Provide treatment outside of a clinical setting, such as in your home or workplace
- Facilitate a gradual, supported, and **client-led** return to work when safe and appropriate



## Social worker

A therapist who assists clients' mental health and recovery through emotional, social, and community supports.

Available through a hospital or community clinic, by referral or through private payment, **a social worker can:**

- Provide specialized support and advocacy to meet your current circumstances
- Provide connections to additional resources like housing and social services, and community-based supports



**IT'S OK** to want a care provider of a certain gender! **IT'S OK** to shop around for a provider that fits! And **IT'S OK** to change treatment programs when the current one no longer serves you.



Watch the discussion

### REFERENCES

CIPSRT (2025, June 4) Supporting the mental health of public safety personnel through allied health. Available at: <https://youtu.be/f7yOQ7fkwwl>

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