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Building the Psychological Strength of Fire Fighters

Resilient Minds™ is a trauma-informed, peer-to-peer training program designed to enhance the personal resilience of fire services personnel. The Canadian Mental Health Association will adapt, translate, pilot, evaluate, and implement Resilient Minds™ for both Francophone fire fighters and Indigenous fire fighters, who have been affected by or are at higher risk of trauma-related psychological impacts due to their line of work and the COVID-19 pandemic.



Lessons Learned

“The Canadian Mental Health Association built the Resilient Minds program based on a train-the-trainer model, which offers an opportunity for firefighters to become trained and certified as a peer instructor to then deliver this program to their fire department and their peers, countless numbers of time. This makes the program sustainable and very affordable and accessible to fire departments across the country.”

Hear from Leanne MacLeod about the lessons that Resilient Minds learned.

[Learn More About Resilient Minds™](#)