

Operational Stress Injuries and First Responders

The unique workplace stress for First Responders can lead to mental health challenges, including Operational Stress Injuries (OSIs).



OSIs are any persistent psychological difficulty that first responders experience as a result of operational duties, including but not limited to:

Post-traumatic Stress Disorder (PTSD),
other anxiety disorders, addictions and **depression**.

**EARLY
INTERVENTION
IS KEY.**



OSIs are treatable.



Recovery is possible.



Help is available.

#OSIMatters. Learn more at ontario.cmha.ca.

