

Check Your Mate

FIRST RESPONDER MENTAL HEALTH AWARENESS CAMPAIGN

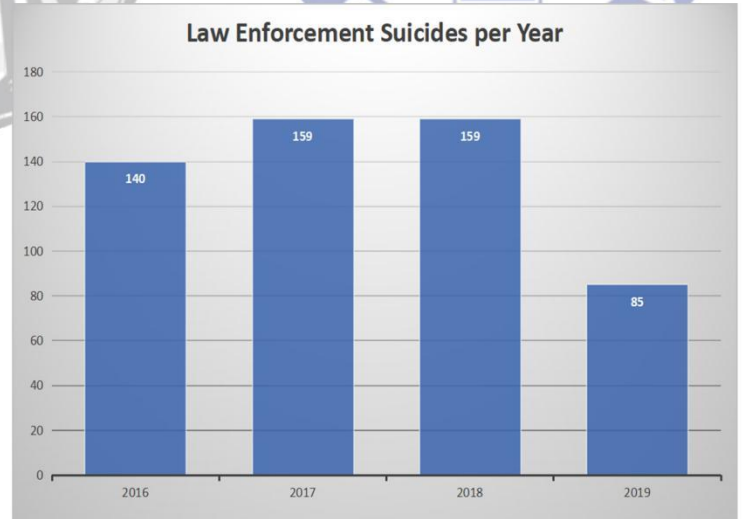
APPROXIMATELY EVERY 44 HOURS IN THE UNITED STATES, A LAW ENFORCEMENT OFFICER DIES BY SUICIDE.

CAMPAIGN PURPOSE:

1. RAISE AWARENESS ABOUT METNAL HEALTH AMONG FIRST RESPONDERS AND ITS CRITICIALNESS
2. REDUCE THE STIGMA ASSOCIATED WITH MENTAL HEALTH AND CREATE HOPE FOR THOSE AFFECTED.
3. NORMALIZE SEEKING HELP AND SELF-CARE
4. ENCOURAGE OUTREACH EFFORTS AMONG COMRADES, AS WE UNDERSTAND ONE ANOTHER BEST AND RESPECT THE GUIDANCE OFFERED.

WE ARE REQUESTING YOUR AGENCY'S PERMISSION TO ALLOW ANY FIRST RESPONDER TO PARTICIPATE IN OUR CAMPAIGN BY TAKING A PICTURE IN UNIFORM; DEPARTMENT VEHICLE OR BUILDING, IF THEY SO CHOOSE, WITH A MENTAL HEALTH QUOTE THAT PROMOTES THE PURPOSES LISTED ABOVE. MANY HAVE EXPRESSED A HIGH INTEREST TO PARTICIPATE IN THIS CAMPAIGN. THEY UNDERSTAND THE NEED TO COMBAT THE STRUGGLE WHICH MANY ARE SILENTLY BATTLING.

ANY AGENCIES WISHING TO PARTICIPATE, CONTACT APRIL CAYCE WITH REBOUND 911 AT REBOUND911STL@GMAIL.COM OR (314)292-9334. THIS CAMPAIGN WILL RUN FROM 06/17 - 08/31.



REBOUND 911 GOALS:

- REDUCE FIRST RESPONDER SUICIDES, INCREASE MENTAL WELLNESS AWARENESS AND EARLY INTERVENTION STRATEGIES
- ADVOCATE FOR SYSTEMATIC CHANGE BY HOW MENTAL HEALTH IS ADDRESSED BY FIRST RESPONDER AGENCIES
- STRIVE TO IMPLEMENT A CULTURE WHICH ACTIVELY ENCOURAGES OUR COHORTS THAT ASKING FOR HELP IS WELCOMED AND NECESSARY
- ADVOCATE THAT TRAUMATIC STRESS REACTIONS (I.E. PTSD AND OTHERS) ARE VIEWED AND MANAGED AS AN INJURY AND NOT A DISEASE CONSISTENT ACROSS ALL AGENCIES

P.O. Box 179373
RICHMOND HEIGHTS, MO 63117-9373
(314)292-9334
REBOUND911STL@GMAIL.COM
WWW.REBOUND911.ORG