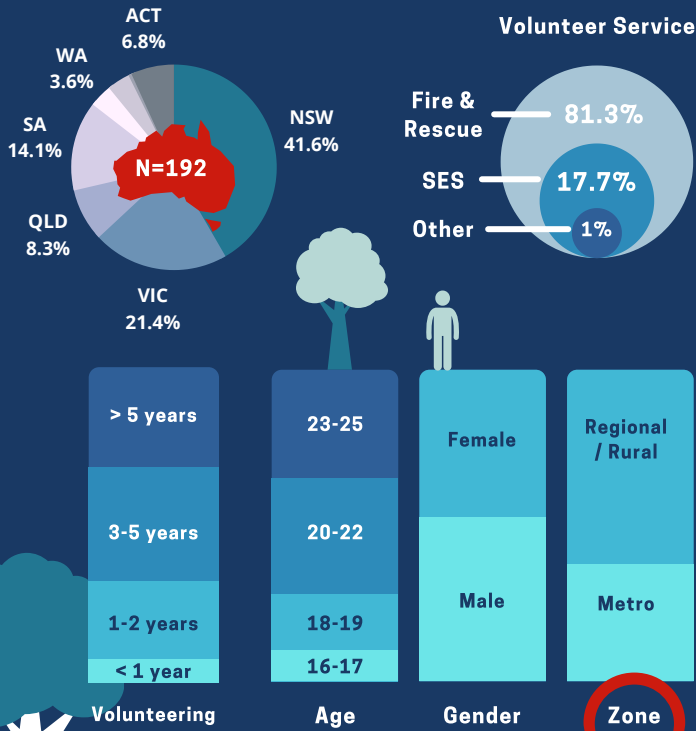


POSITIVE MENTAL HEALTH IN YOUNG ADULT FIRE AND EMERGENCY SERVICE PERSONNEL

KEY FINDINGS FACT SHEET - ONLINE SURVEY

DEMOGRAPHICS (N=192*)

*N is the number of participants



Mental Wellbeing (MHC-SF)

Almost half of the young volunteers (40%) indicated flourishing levels of wellbeing, with the remaining young volunteers experiencing moderate (55%), or languishing wellbeing (5%).

Psychological Distress (K6)

Scores ranged from 6 - 29



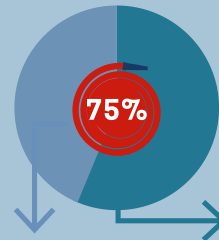
Scores > 19 are indicative of risk for mental illness

Average score of 14.8

A number of mental health and wellbeing skills were associated with mental health outcomes. These include engaged coping style (problem solving & support seeking), disengaged coping style (avoidance), self-compassion (self kindness & acceptance), and mindfulness (awareness of and attentive to current cognitive, emotional, and physical states).

MENTAL HEALTH OUTCOMES (N=138)

EXPOSURE-IMPACT-SUPPORT (N=192)



Almost half of the full sample were living in a bushfire affected area, and 75% of the full sample had an active volunteer role during the 2019/2020 bushfires.

44% were living in a bushfire affected area.

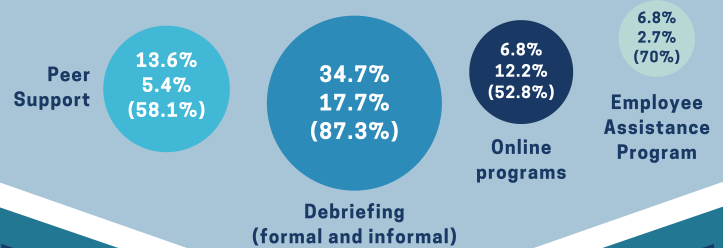


Of those with an active role, 84% engaged in fighting fires, with the rest contributing to community support, admin, and wildlife rescue.



Almost 3/4 of the full sample (72%) said the COVID-19 pandemic had a negative impact on their mental health, and 75% indicating considerable impacts on their volunteering role.

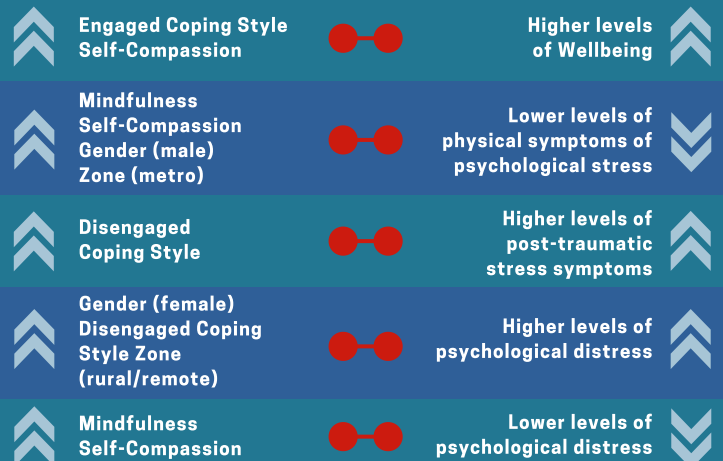
Supports accessed following bushfire and following COVID-19 (the % that found it moderately to extremely useful)



Mental Health Skills and Demographics

Mental Health and Wellbeing Outcome

ASSOCIATED WITH



PREDICTORS OF MENTAL HEALTH (N=138)