

The PSP Family: What Role do I play?



THE PRESSURE PSP FAMILIES TAKE ON WHEN SUPPORTING THE
MENTAL HEALTH/WELLBEING OF THEIR PSP FAMILY MEMBERS

“Spouses are the
First Responder to
their First
Responder”



A woman with blonde hair is shown in profile, holding a baby wrapped in a patterned blanket. The image is semi-transparent, serving as a background for the text.

HOW TO BE YOUR SPOUSE'S FIRST RESPONDER

[—https://freshlymarried.com/how-to-be-your-spouses-first-responder/](https://freshlymarried.com/how-to-be-your-spouses-first-responder/)



“He (Trevor Claydon) and Carmen (spouse) talked about his issues, but she only made the link between aggression and post-traumatic stress after his death”



Trevor Claydon died June 23, 2020. He was 48.

Edmonton Journal — Published Jun 22, 2023 |

THE SIGNS:

(Source from government of Canada - Health Services:
<https://www.canada.ca/en/public-health/services/suicide-prevention/warning-signs.html>)



MORE AGITATED



CHANGING
EATING HABITS



CHANGING
SLEEPING
HABBIT

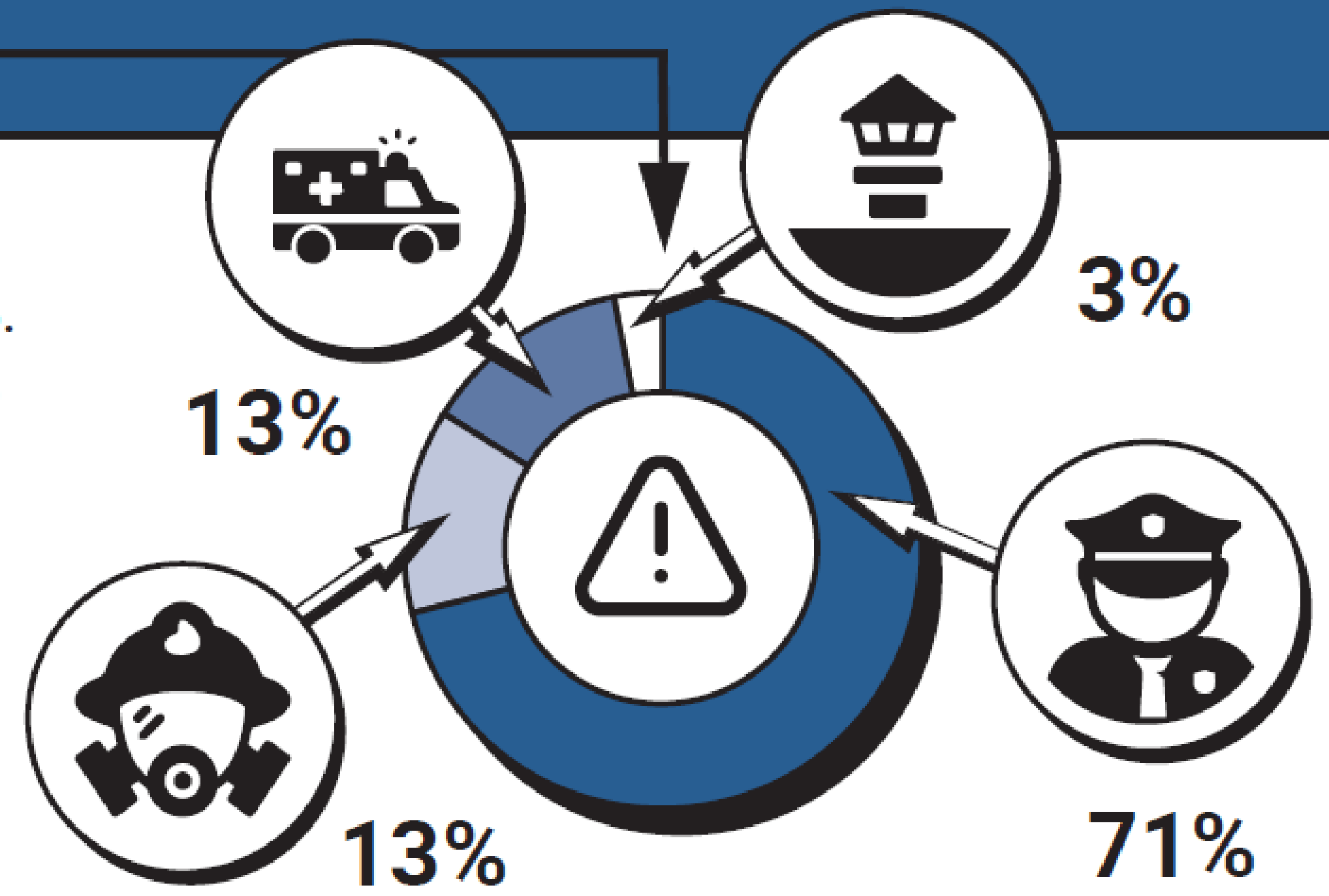
Suicide in Public Safety Personnel Compared to the General Population, 2014-2018:

Preliminary Results Below



* Findings

We identified a total of 31 PSP suicides from 2014-2018. 71% were police officers, 13% were firefighters, 13% were paramedics, and 3% were correctional workers. These were matched with 62 records from the general population.



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“We’ve had officers have their guns taken away. So, if they’re coming to you for assistance, I don’t think they should be in a uniform. If they’re on duty, I get it ... they’re coming here for an hour, fine. Leave the uniform on, take away the gun. If you’re off duty, then there’s no need for the uniform. You shouldn’t be in uniform anyways, unless you’re going to work. And then again, your firearm should be at work.” (P4)



Behind every PSP
is a strong Family

Outside Family Supports Offered



OFRF

Can assist with funding some programs and clinical care.



PSP NET FAMILIES

Wellbeing Hub



CAMP FACES

Camp for children who have lost a FR family member. Also retreats offered to families/spouses.



WOUNDED WARRIORS - COPE - COUPLES BASED TRUAMA PROGRAM

They also have Family Resiliency Program, virtual kids program and Spouse Program

Thank you.

When supporting PSP families please consider that often the sign & symptoms are masked by the job itself.

