



FIRE 354

FIREFIGHTER STRESS, BEHAVIORAL AND MENTAL HEALTH

This course is part of the fully-online Bachelor's Degree in Wildfire Science program at CSUSM and is currently open to the public. This means you can simply register for the course and do not need to submit an official program application.

**Built to be affordable. Built to fit your lifestyle.
Built with your career in mind.**

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FULLY-ONLINE WILDFIRE SCIENCE COURSE

FIRE 354: FIREFIGHTER STRESS, BEHAVIORAL AND MENTAL HEALTH

Covers industry culture, myths, beliefs, behavioral health, strategies for addressing occupational health and wellness, support services, and behavioral health assistance for first responders. Examines and evaluates the sources of occupational stress and the regularity of incidents that expose first responders to often shocking, dangerous and stressful situations and potentially traumatic events. Covers suicide prevention/awareness, warning signs/symptoms, communication, emotional and physical behaviors, stress, anxiety, post-traumatic stress, addiction, depression, anger, and separation/retirement.

LOGISTICS

Units:	3
Dates:	Oct. 20 – Dec. 8, 2018
Format:	Fully-Online
Course fee:	\$1,197 (\$399 per unit x 3 units)

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