



# Recruiting IAFF Affiliate Departments

PEER UP: Peer Delivered, Emotion Regulation-Focused Mental Health Prevention Training for Fire Fighter Trainees

The Warriors Research Institute is looking for ten departments to participate in a research study to determine if peer-delivered emotion regulation training delivered during the academy can prevent posttraumatic stress and other psychological health symptoms among firefighter recruits.

Fire academy cohorts will either receive a peer-delivered emotion regulation training or a peer-delivered psychological health education training.

## Reasons for Your Recruit Class to Participate:

- Receive behavioral health training delivered by seasoned peer support instructors at no cost
- Enhance foundational behavioral health knowledge
- Spotlight and promote emotional health early in the career cycle

## Ideal departments will:

- Have two or more training academy cohorts beginning in 2024 or 2025
- Be willing to dedicate a 4-hour time slot per training academy

## For more information:

Phone: 254.716.6208

Email: [WRI@BSWHealth.org](mailto:WRI@BSWHealth.org)  
(Reference PEER UP)



[BSWHealth.med/WRI](https://www.BSWHealth.med/WRI)  
For more information call 254.716.6208