






# Three Things To Know About MnFIRE

 Cardiovascular disease is a leading cause of line-of-duty deaths in the fire service.<sup>1</sup>

 Mental illness impacts firefighters at much higher rates than the general population, including sleep disorders, depression, substance abuse, post-traumatic stress injury and suicidal ideation/action.<sup>2</sup>

 Cancer is now the leading cause of death among firefighters nationwide, with firefighters having a 9% higher risk of being diagnosed with cancer compared to the general population.<sup>3</sup>

## 1. OUR HEROES NEED US

Firefighters across Minnesota spring into action to help neighbors in need and keep our communities safe, but they're affected by serious health concerns including cardiac disease, emotional trauma and cancer at increased rates.

**More than 90% of Minnesota's fire service is volunteer or non-career** – which means many of our firefighters facing these occupational health risks don't have access to benefits through their department. Our hometown heroes need support and care so they can respond effectively when we need them most, and live healthy, productive lives. MnFIRE fills this critical need by supporting the physical and emotional health of all of Minnesota's 20,000 firefighters and their families.

## 2. FIREFIGHTERS CAN COUNT ON US

MnFIRE advocated for and manages the Hometown Heroes Assistance Program, which ensures all active volunteer, paid on-call, part-time and full-time Minnesota firefighters have access to the following benefits, at no cost to them:

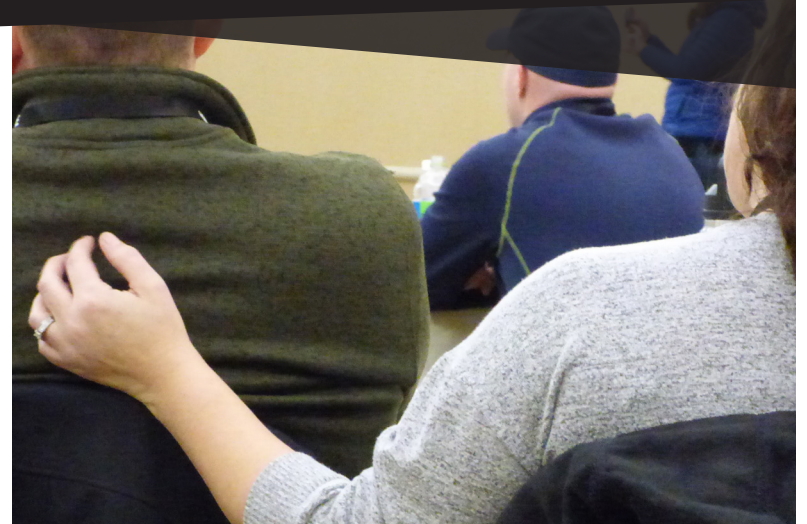
- Confidential, trauma-informed mental health counseling and peer support through the MnFIRE Assistance Program
- A critical illness insurance policy which covers diagnoses of cancer, cardiac and other critical illnesses
- Health and wellness training

Firefighters depend on these services, all across the state.

<sup>1</sup>National Fire Protection Association

<sup>2</sup>International Association of Fire Fighters

<sup>3</sup>National Institute for Occupational Safety and Health



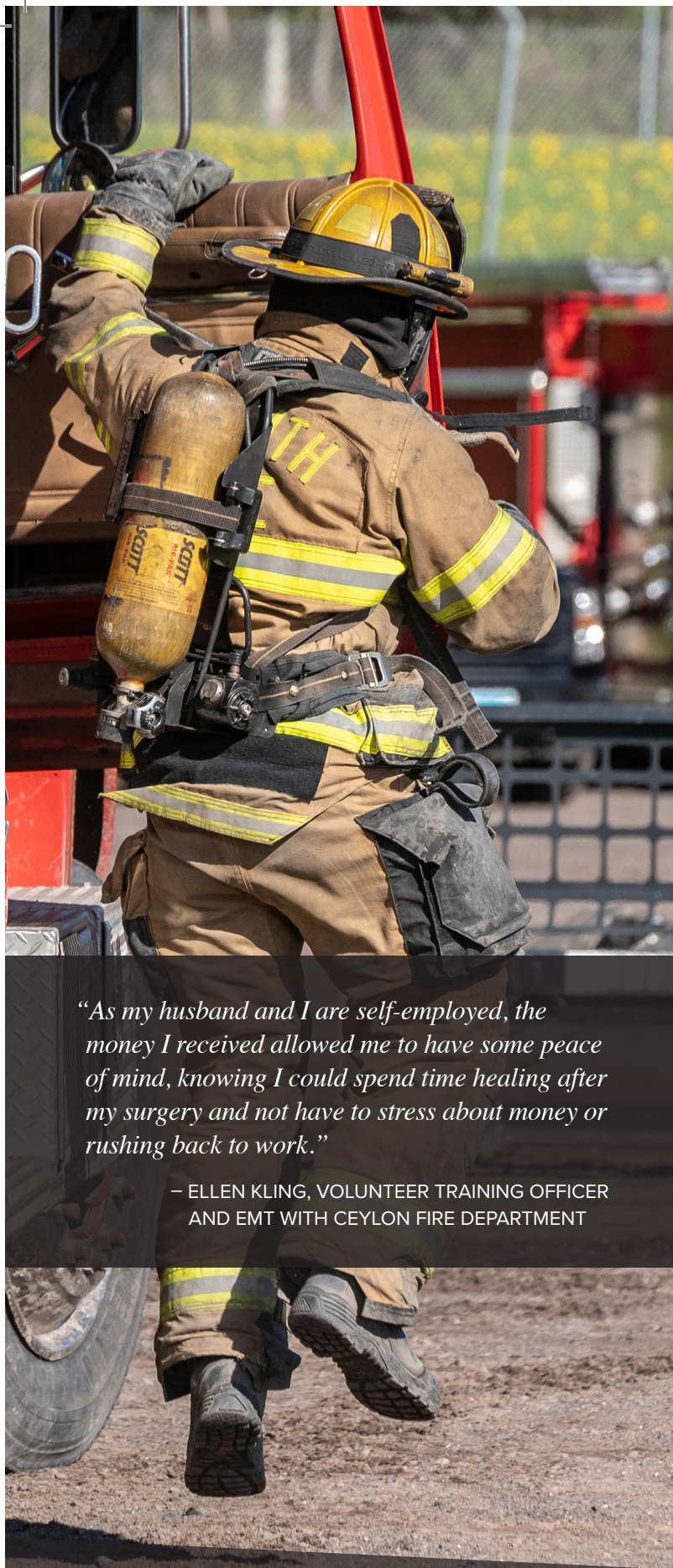
*“When my husband became a volunteer firefighter, I wanted to learn how to support him on the homefront. Spouses had zero resources until now. I am so grateful for all the work MnFIRE is doing to empower firefighters and their families.”*

– FIREFIGHTER SPOUSE



*“This is one thing we can do for us. Our other firefighter training focuses on helping others, but we need (MnFIRE training) to make sure we are healthy, too.”*

– JIM MCCOY, FIRE CHIEF, AUSTIN FIRE DEPARTMENT



*“As my husband and I are self-employed, the money I received allowed me to have some peace of mind, knowing I could spend time healing after my surgery and not have to stress about money or rushing back to work.”*

— ELLEN KLING, VOLUNTEER TRAINING OFFICER AND EMT WITH CEYLON FIRE DEPARTMENT

### 3. TOGETHER, WE'RE MAKING AN IMPACT

Since 2016, MnFIRE has been an essential resource for Minnesota's firefighters. With the Hometown Heroes Assistance Program, we're helping them stay physically and emotionally fit for themselves, their families and the next emergency call.

#### 2024 IMPACT

##### Health and Wellness Training

**208**

trainings for firefighters at departments across the state.

##### MnFIRE Assistance Program

**1,193**

firefighter-focused mental health providers available across the state, providing up to five no-cost counseling sessions per issue to firefighters and their families.

**1,205**

mental health provider visits.

**129**

Peer Support calls responded to by trained peer supporters.

##### Critical Illness Insurance

**196**

claims paid totaling **\$1.9M**, including claims for cancer, post-traumatic stress injury, heart attack, cancer, stroke and more.

#### CONNECT WITH US

Get in touch with MnFIRE at [info@mnfireinitiative.com](mailto:info@mnfireinitiative.com).

MnFIRE



[MNFIREINITIATIVE.COM](http://MNFIREINITIATIVE.COM)