



What is EMS Safe Haven Program?

The **Ohio EMS Safe Haven Program** supports EMS certificate holders and applicants facing burnout, mental health, or substance use.

- ✓ Confidential
- ✓ Non-punitive
- ✓ Built for EMS



info@ohiophp.org · ohiophp.org/oems

YOU TAKE CARE OF OTHERS...

THIS IS FOR YOU.



The **Ohio EMS Safe Haven program** provides a confidential path to support for EMS professionals navigating stress, burnout, mental health, or substance use.

Available to certificate holders and applicants beginning in 2026.



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Getting Started with EMS Safe Haven

Start with a confidential well-being screening. From there, receive personalized recommendations for support, treatment, or monitoring.

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MORE THAN SUPPORT...

REAL RESOURCES.



The **Ohio EMS Safe Haven program** provides access to tools and education focused on burnout, stress management, mental health, and substance use.

Designed to support EMS professionals with ongoing resources for long-term well-being.



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OhioPHP

What is the EMS safe haven program?

The **Division of EMS safe haven program** provides a confidential path to support EMS and Fire professionals facing burnout, mental health challenges, or substance use disorders.

- ✓ Confidential
- ✓ Non-punitive
- ✓ Built for EMS





1 in 5

**firefighters and
paramedics will
experience PTSD
during their career.**

Your Path to Support Starts Here



MAKE A
REFERRAL

WELL-BEING
SCREENINGS

EDUCATION
& RESOURCES



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Available to certificate holders and applicants.



OhioPHP

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Nearly

37%

**of EMS
professionals report
symptoms
of depression.**

Your Path to Support Starts Here



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Getting started with the Ohio Division of EMS safe haven program

Start with a confidential well-being screening. From there, receive personalized recommendations for support, treatment, or monitoring.

- ✓ **Confidential**
- ✓ **Non-punitive**
- ✓ **Built for EMS**



EMS Professionals are

1.39x

**more likely to die by
suicide than the
general population.**

Your Path to Support Starts Here



MORE THAN SUPPORT...

REAL RESOURCES.



The **Ohio Division of EMS safe haven** Program provides access to tools and education focused on burnout, stress management, mental health, and substance use.

Designed to support EMS and Fire professionals with ongoing resources for long-term well-being.



OhioPHP

**Firefighters
experience PTSD
at rates of up to**

20%

**compared to 7%
in the general
population.**

Your Path to Support Starts Here



MAKE A
REFERRAL

WELL-BEING
SCREENINGS

EDUCATION
& RESOURCES



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**You've taken care
of everyone else.
Now it's your turn.**

*If you're struggling, support is here
and it's confidential.*

START CONFIDENTIAL SUPPORT

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Studies show up to

60%

**of EMS professionals
experience burnout,
PTSD, or substance
use disorders during
their career.**

**EMS workers
experience PTSD
at rates of up to**

22%

**compared to 7%
in the general
population.**

Nearly

40%

**of firefighters
report symptoms
of anxiety and
depression.**

Firefighters are

1.38x

**more likely to die by
suicide than the
general population.**