



CARES UP: Changing the conversation about suicide among first responders, uniformed personnel, and military veterans

The CARES UP Initiative

- › Changing the Conversation
- › Awareness
- › Resilience
- › Empower Peers
- › Skills Building/Suicide Prevention
- › Uniformed and Personnel

CARES UP will spend \$1 million on suicide prevention trainings, an awareness campaign, and other supports for uniformed personnel and veteran mental health.

OUR APPROACH

CARES UP will help uniformed personnel, including police and other law enforcement, firefighters, emergency medical service members, corrections officers, and military veterans learn to manage stress in healthy ways and seek help when they need it. We know there are cultural and organizational barriers that prevent help seeking. We also know uniformed personnel have key strengths that keep them safe. Our program builds on this resiliency, bravery, teamwork, and connection.



CARES UP PROGRESS TO DATE

- › **CARES UP Advisory Committee.** New York organizations weighed in on the needs of uniformed personnel and veterans.
- › **Environmental Scan.** We looked at existing evidence-based programs to see what worked well.
- › **Webinar Series.** Webinars focused on improving mental health for first responders who are struggling. [Access the videos here.](#)
- › **CARES UP Listserv.** Weekly updates on upcoming learning activities and the latest suicide prevention research. [Email spcny@omh.ny.org](mailto:spcny@omh.ny.org) to join now!

WHERE WE'RE HEADING

- › **Planning and Implementation Grants.** Fifteen organizations will receive grants to:
 - » Increase staff awareness of work-related suicide risks
 - » Improve emotional support among co-workers
 - » Make mental health resources more available
 - » Promote peer support programs
 - » Connect service members who are moving into civilian life to local peers
- › **Communications Campaign.** We know uniformed personnel and veterans live in a culture that limits help seeking. Our campaign will work to shift that culture and promote the importance of mental health.



CARES UP will help support the men and women who serve and protect us every day, and help inform the public about the increased risks, challenges, and behavioral health issues our first responders and veterans face.

*– Dr. Ann Sullivan,
Commissioner, NYS Office
of Mental Health*

CONTACT US

To learn more about CARES UP go to: preventsuicideny.org/cares-up
or email: spcny@omh.ny.org

NY CARES UP 



Office of
Mental Health

