

Date of Hearing: May 26, 2026

ASSEMBLY COMMITTEE ON RULES
Blanca Pacheco, Chair
SCR 170 (Grayson) – As Introduced April 29, 2026

SENATE VOTE: 36-0

SUBJECT: Firefighter Mental Health Awareness Week.

SUMMARY: Proclaims the week of May 25 to May 29, inclusive, as Firefighter Mental Health Awareness Week. Specifically, **this resolution** makes the following legislative findings:

- 1) Firefighting is a dangerous and physically demanding profession that requires the men and women of the fire service to routinely put themselves in harm's way for the good of the communities that they serve.
- 2) In addition to the physical demands of the profession, firefighting has been consistently rated as one of the most stressful and emotionally intense professions, often listed second only to front-line military personnel.
- 3) Firefighters, paramedics, and emergency medical service personnel assist people at the worst moments of their lives on a daily basis, experiencing repeated exposure to trauma as they work to assist others.
- 4) Long shifts, protracted time spent away from family and loved ones, and an ingrained culture of stoicism exacerbate the effects of these stresses, contributing to struggles and behavioral health issues including depression, anxiety, and substance abuse.
- 5) In recent years, more firefighters have died by suicide than from traumatic job-related incidents. Studies have shown that one in five firefighters will experience a post-traumatic stress injury at some point in their career, and that firefighters are 10 times more likely to contemplate or attempt suicide than the general public.
- 6) Breaking the stigma related to behavioral health struggles and post-traumatic stress is critical to ensuring that firefighters, paramedics, and emergency medical service personnel receive the care and resources they need in the form of peer support and professional counseling.
- 7) Peer support programs and confidential discussions with trusted colleagues and peers with similar work and life experiences provide not only an outlet to express these struggles but also allow for connections to life-saving resources.
- 8) California firefighters, both active and retired, are urged to dedicate this week to discussions with their brothers and sisters of the impacts they face from the job, resources that are available, and destigmatizing behavioral health struggles.

FISCAL EFFECT: This resolution is keyed non-fiscal by Legislative Counsel.

REGISTERED SUPPORT / OPPOSITION:

Support

None on file

Opposition

None on file

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