



Where did the data come from?

Between July and August 2019, Virginia OEMS conducted a statewide survey of the mental health status of Virginia's EMS providers, which also assessed whether care was sought for mental health issues and how providers perceived the mental health culture of EMS agencies.

Who participated?

- **3,003** EMS providers
- **30.2%** female; **67.4%** male
- Average age: **42.3** years
- **64.3%** of providers were associated with a fire department

Certification Level	Number of EMS Providers
Emergency Medical Responder	18 (0.6%)
EMT	1,491 (49.7%)
Advanced EMT	213 (7.1%)
Intermediate	324 (10.8%)
Paramedic	956 (31.8%)

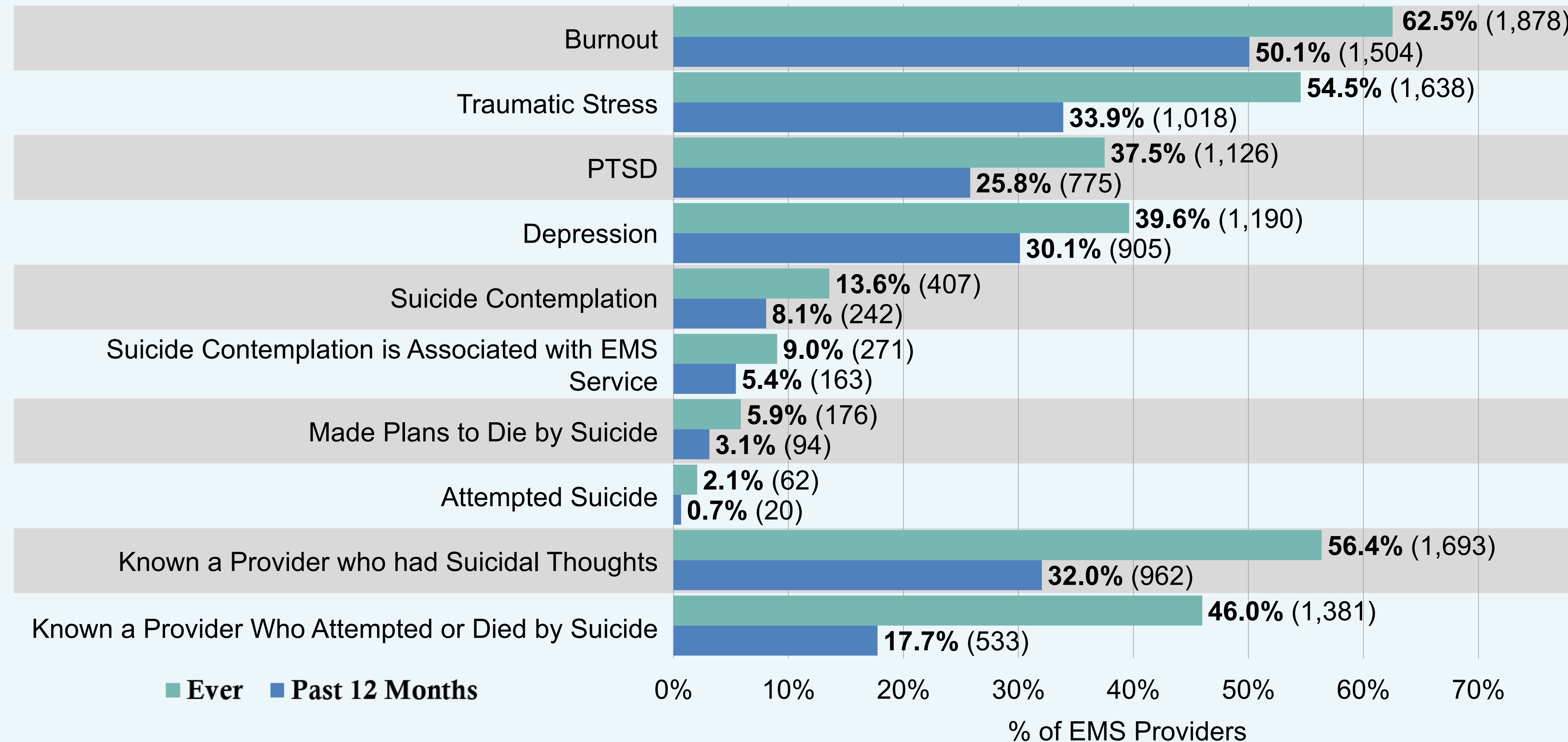
Mental Health Outcomes

Number of EMS Providers Who Reported at Least 1 Negative Mental Health Outcome:

Ever
2,299
76.6%



Within the Past 12 Months
1,831
61.0%

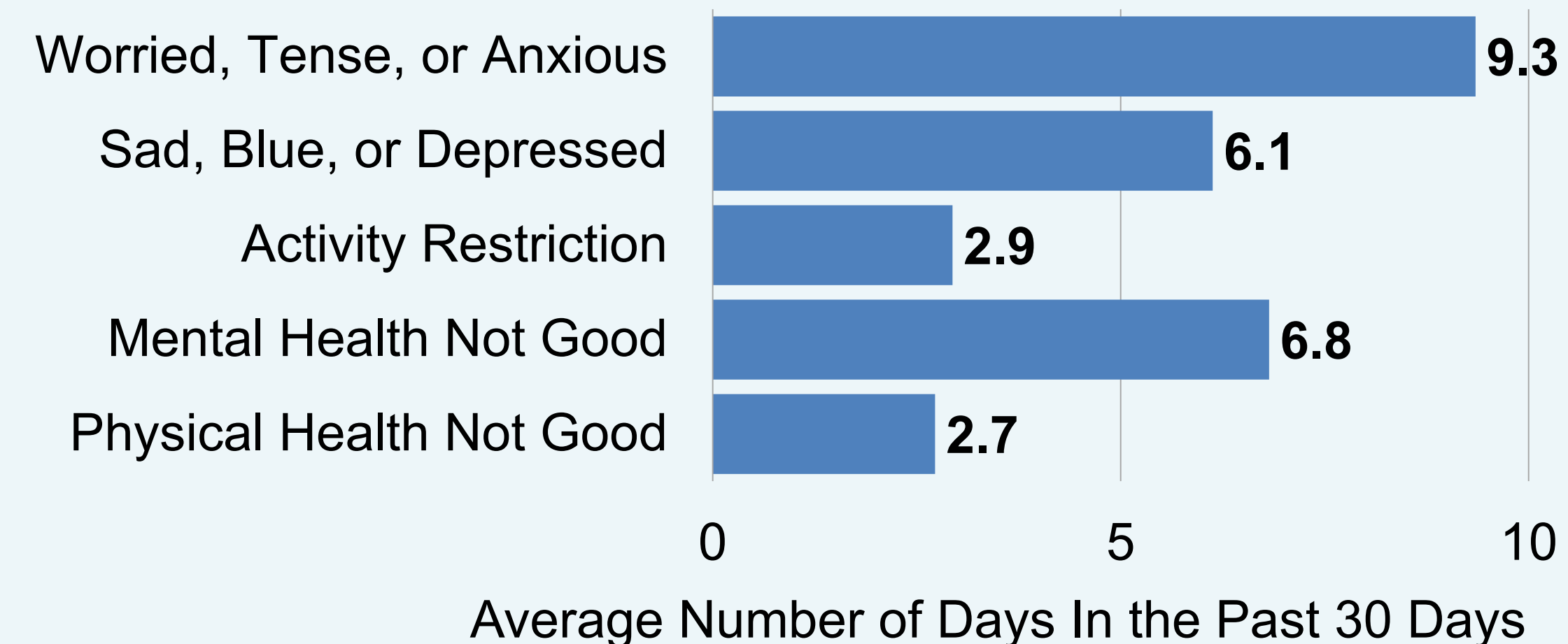


Health-Related Quality of Life



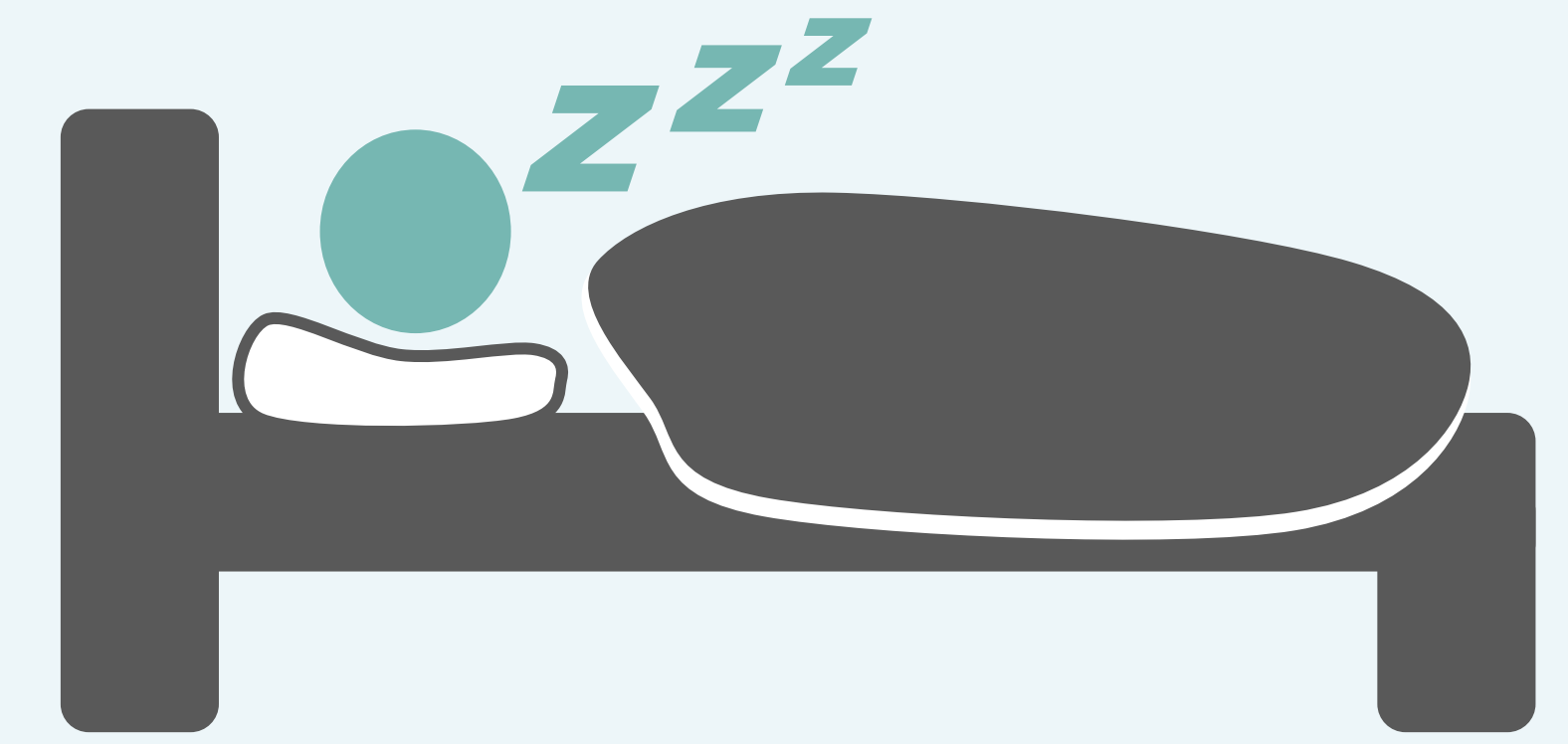
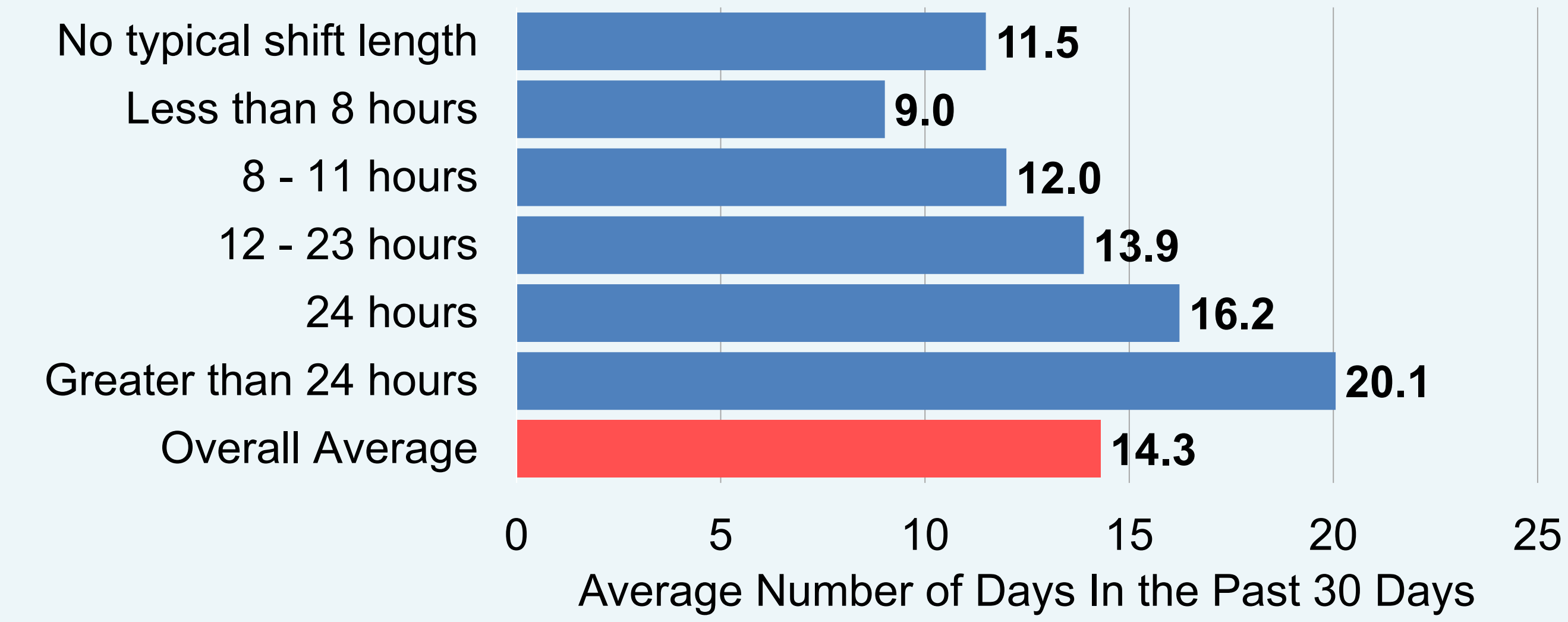
In a 30 day period, EMS providers experienced an average of **8.6 days** of poor health

Number of Days EMS Providers Experienced Poor Health in the Past 30 Days



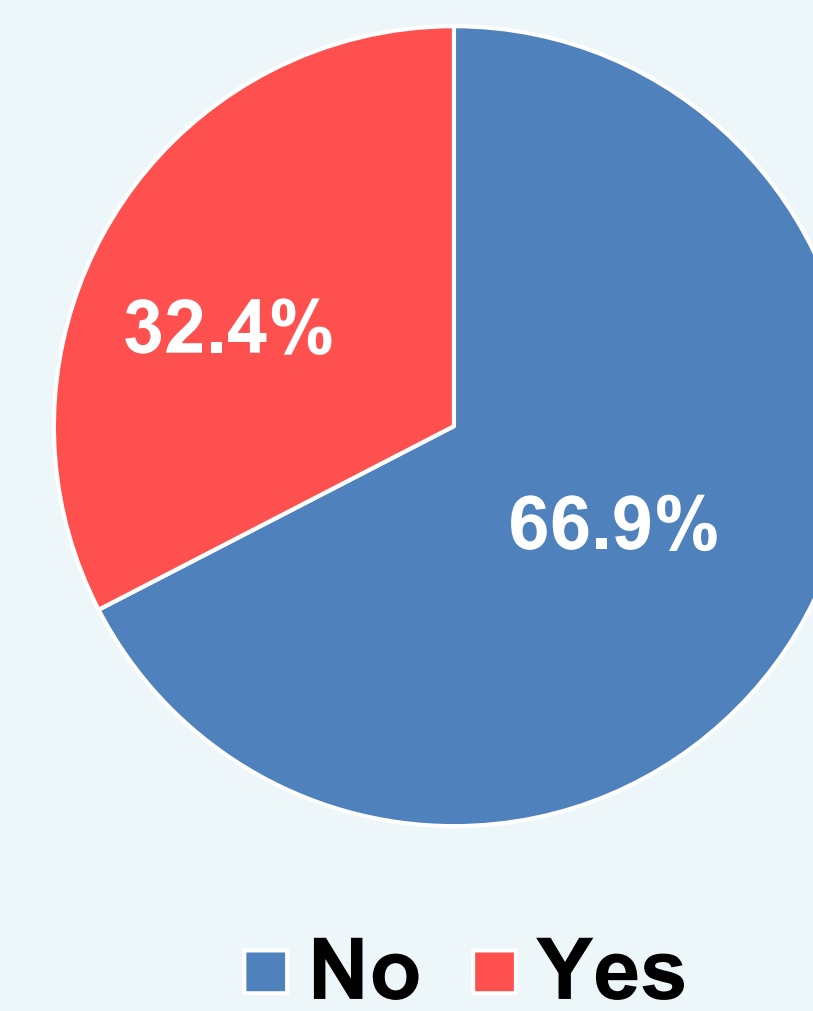
Sleep Outcomes

Average Number of Days in a 30 Day Period a Provider Had Insufficient Rest or Sleep by Shift Length

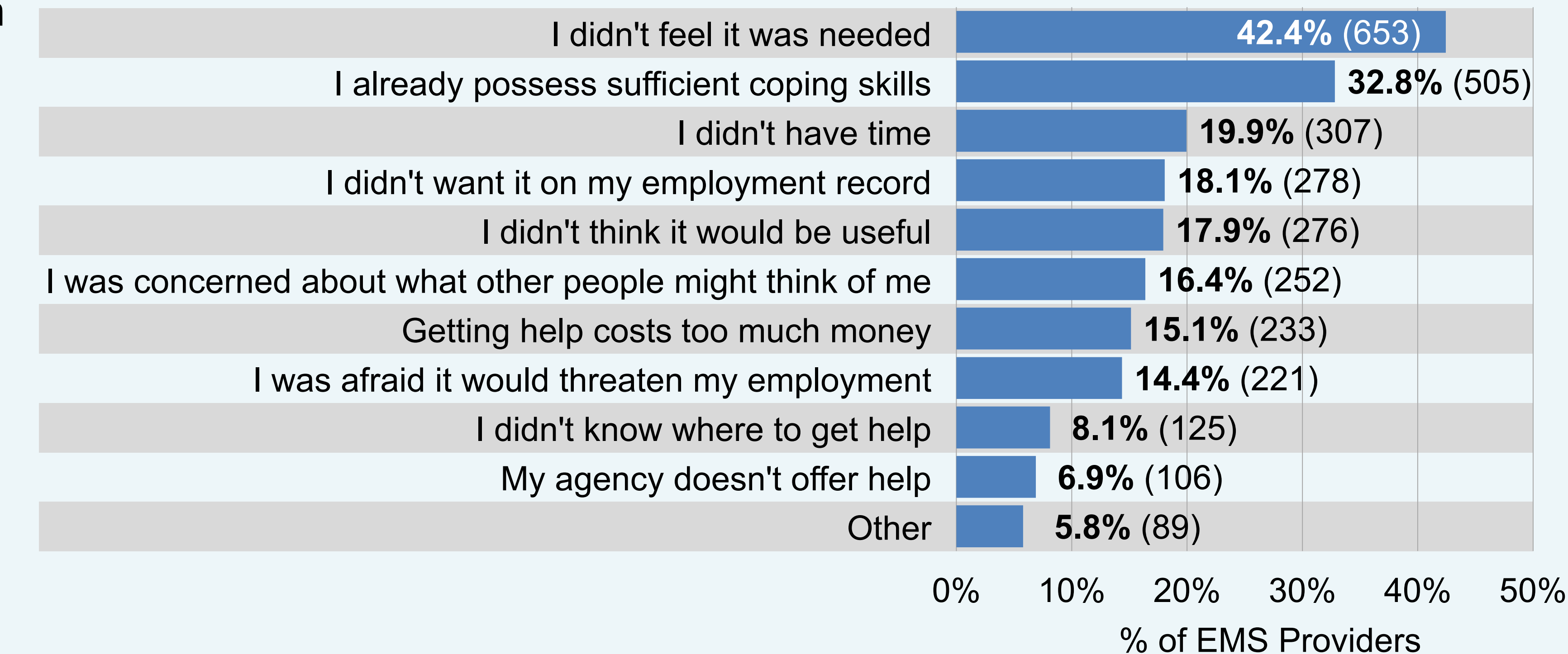


Seeking Help

EMS Provider Sought Help for Mental Health Issue



Reasons EMS Providers Did Not Seek Help



Agency Mental Health Culture

EMS Providers Were Asked to Rate How Strongly They Agree with the Following Statements:

