



International Wellness Survey for Public Safety - 2025

The Foundation for First Responder Wellness & Resiliency, in partnership with Nova Southeastern University (NSU), invites active and retired public safety personnel to participate in a new, expanded national wellness survey. This effort builds on a 2019 study and now includes retired first responders. The survey is open to all current and former public safety personnel and aims to gather deeper insights into how occupational stress, trauma, and organizational culture impact mental health and resilience.

Born from the Field- Built for You!

This evidence-based survey was created **by First Responders, for First Responders**. Researchers include culturally competent experts from our foundation and NSU who have dedicated their lives to public safety service. The results from the 2019 survey led to the creation of our foundation and sparked real change, including:

- Enactment of legislation supporting first responder wellness,
- Policy improvements at agency levels,
- Expansion of peer support teams, resources, and wellness programs.

Why it Matters

Public safety professionals face unique and repeated exposure to trauma, loss, moral injury, and physical and emotional wear and tear. This survey will gather data and insights to help us understand long-term impacts, reduce stigma, improve coping tools and resilience-building strategies, guide policy and prevention efforts, and create cultural change.

Who Should Participate

Active and retired federal, state, local, and tribal: law enforcement, fire/rescue, EMS, corrections, and public safety telecommunicators. Participants must be 18 years of age or older.

What to Expect

The survey takes 30-40 minutes and includes questions about traumatic experiences, life stressors, coping strategies, and mental health/well-being. **Participation is voluntary and anonymous**. The survey tool removes your personally identifiable information from the collected data, including IP addresses and location, so no one knows who is taking the survey!

Will I See the Results?

Results will be shared and published through our website at www.FoundationFRWR.org in the "News and Information" section so agencies and leaders can utilize them to effect real change. Results from the 2019 survey, which was facilitated by our foundation, are currently posted there for your review.

How to Participate

Use the QR code below to access the survey. QR codes and survey links will also be posted on our website: www.FoundationFRWR.org and on social media. Please share the link and QR code widely with your colleagues and networks. Agencies and professional organizations may also encourage participation by sharing the link through their network.

For More Information

For questions, please contact FRWR Board Member, and retired United States Marshals Service Chief Psychologist Dr. Michael Bourke at: MichaelBourkePhD@gmail.com

For information about the work of the Foundation for First Responder Wellness & Resiliency, please visit our website or contact us at: info@foundationFRWR.org

[CLICK HERE TO ACCESS THE SURVEY](#)



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