



Who We Are

The Minnesota Firefighter Initiative (MnFIRE) is dedicated to providing Minnesota's firefighters with the tools they need to prioritize and protect their health. Since 2016, the nonprofit organization has made great strides in advocating for the state's 20,000 active volunteer, paid-on-call, part-time and full-time firefighters. With the state legislature dedicating \$4 million per year, Minnesota is now the leader of firefighter health and wellness initiatives in the United States.



What We Do

THE HOMETOWN HEROES ASSISTANCE PROGRAM

The Hometown Heroes Assistance Program (HHAP) ensures every Minnesota firefighter has access to the education, prevention and care needed to better their health and wellness. These free, confidential resources are available to every Minnesota firefighter:



MnFIRE ASSISTANCE PROGRAM (MAP)

The MAP provides free access to mental health professionals to help firefighters and their families navigate the stresses of life – those related to working in the fire service and other challenges such as relationship difficulties or death in the family. Each firefighter and/or their family members can access up to five counseling visits during the annual program term, which runs from Oct. 1 to Sept. 30 each year. With our Peer Support program, we can also match firefighters with a trained peer supporter who has a similar background and knows firsthand the difficulties firefighters face. They are well-equipped to walk alongside firefighters as they navigate their situation.

For more details or for help, call **888-784-6634** or visit liveandworkwell.com, access code: **MnFIRE**



CRITICAL ILLNESS PROGRAM

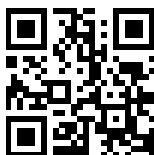
All Minnesota firefighters are automatically enrolled in a statewide Critical Illness insurance policy which covers diagnoses of cancer, cardiac or other critical illnesses, and provides a lump-sum cash payment up to \$20,000 to assist with expenses. For instance, if you have a heart attack either on the job or mowing the yard, you can receive a cash payout to help manage expenses like medical bills and travel costs to and from specialist visits.

The process to file a claim involves a simple online form or a phone call. Visit securian.com/mnfire-insurance or call **888-784-6634**.



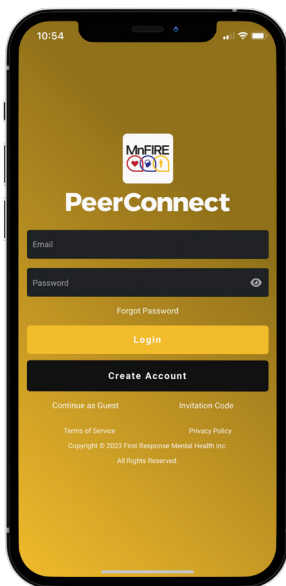
MnFIRE TRAINING

Available to all Minnesota fire departments, MnFIRE is actively booking free in-person or virtual training sessions on these seven topics: MnFIRE Awareness, cardiac, emotional wellness, cancer, sleep, nutrition and fitness, and spouses/partners of firefighters.



READY TO GET STARTED?

Scan the QR code to request a session for your fire department or visit mnfiretraining.org.



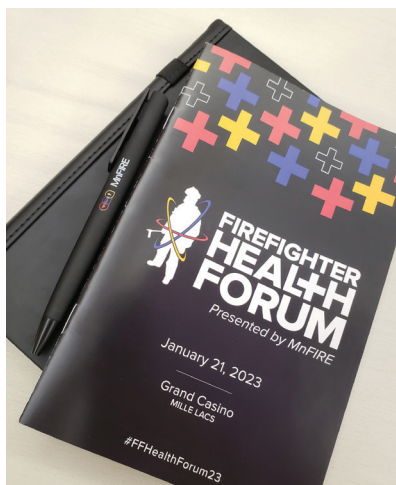
MnFIRE PEERCONNECT APP

Sometimes it can be hard to reach out for help. With the MnFIRE PeerConnect app, all it takes is lifting a finger. This free tool is available for download on smartphone devices. It allows users to easily call a peer supporter or request a call from a peer supporter by clicking a single button. Additionally, the app is a great resource for health and wellness content, curated and created by MnFIRE leaders and medical directors.

Download it now by searching “MnFIRE” on the Apple App Store or Google Play.

FIREFIGHTER HEALTH FORUM

MnFIRE’s annual Firefighter Health Forum brings together the fire service community for meaningful discussions, powerful speakers and actionable information on firefighter health and wellness. With specific education tracks for fire service leaders, peer supporters and firefighter spouses/partners, the event continues to grow in popularity.



For more information on this impactful event, visit our website at mnfireinitiative.com/upcoming-events.



Let's Connect

Contact us to schedule trainings, request informational brochures, or for any additional questions.

WE ARE HERE FOR YOU.

MnFIRE 
[MNFIREINITIATIVE.COM](https://mnfireinitiative.com)

