



Minnesota Senate,

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As a mental health therapist specializing in the care of Minnesota's first responders and veterans, a suicidologist, spouse of a Paramedic, and sibling of a Police Officer, I am advocating for SF 4377. First responders and veterans experience disproportionately higher rates of suicide compared to the general population. The nature of their work exposes them to traumatic events daily, resulting in a higher risk of developing mental health conditions such as post-traumatic stress disorder (PTSD), depression, and anxiety. The constant exposure to distressing situations, coupled with the pressure to maintain composure and resilience, can create a profound sense of isolation and hopelessness. Despite their resilience and dedication to serving others, the cumulative toll of these experiences underscores the urgent need for increased support, resources, and awareness to address the mental health struggles of Minnesota first responders and veterans.

This population often hesitate to utilize health insurance for mental health services due to the fear of repercussions associated with disclosing their thoughts of suicide or mental health challenges. Concerns about potential stigma, job security, and the impact on their career can deter individuals from seeking the help they desperately need. However, SF 4377 presents an opportunity for these courageous individuals to access mental health care and cultivate healthy coping mechanisms outdoors without the looming fear of jeopardizing their careers. By offering alternative avenues for support and treatment, SF 4377 empowers first responders and veterans to prioritize their mental well-being without sacrificing their livelihoods, ensuring that they receive the care and support they deserve while continuing to serve their communities with dedication and resilience.

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Wellness That Fits

Pro SF 4377