

Letter on the wellbeing of London's firefighters

Key information

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The **London Assembly Fire Committee** has warned that the growing mental health toll on firefighters, who routinely face traumatic incidents in the line of duty, is not only affecting the wellbeing of those who protect the capital, but has also cost the London Fire Brigade (LFB) an estimated £84 million in sickness absence since 2021.

In a letter, the Committee has called on the London Fire Commissioner for stronger early intervention and better-targeted support.

The letter highlights rising levels of stress, anxiety and depression among London Fire Brigade (LFB) staff, which is now the leading cause of long-term sickness absence.

The Committee acknowledged improvements in LFB's wellbeing offer but warned that support remains largely generalised, despite clear differences in how mental health issues affect different roles.

The letter calls for:

- Greater use of mental health data to tailor support to higher-risk roles
- Adoption of the 'IGLOO' (Individual, Group, Leader, Organisation, Outside) framework
- A stronger focus on peer-to-peer support