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**NEW MEXICO GAS COMPANY PROVIDES \$75,000
FOR FIREFIGHTERS' BEHAVIORAL HEALTH SUPPORT**

ALBUQUERQUE – New Mexico Gas Company is supporting firefighter behavioral health through Mind.Body.Fire, a collaborative of firefighters and mental health providers who support current and retired firefighters.

A grant of \$75,000 from NMGC will provide multi-day preventative behavioral health retreats, single- and half-day classes and mentoring aimed at teaching firefighters stress reduction techniques, mindfulness, and resiliency. The retreats provide a space where participants can share their experiences and develop a bonded community.

“Due to chronic exposure to job-related traumatic events, most first responders are affected by post-traumatic stress and other career-related stressors,” said Carmen Martinez-Tittmann, a founding member of Mind.Body.Fire. “This award will help us provide preventative behavioral health support for firefighters to address mental health needs before problems arise.”

The grant comes through NMGC’s Helping Heroes program, which supports volunteer and rural emergency first responders. The grant to Mind.Body.Fire is included in almost \$370,000 recently awarded as part of the program. NMGC awarded \$228,000 to volunteer first responder organizations in 2024.

“We recognize the vital role of volunteer first responders who dedicate their time and energy to protect our communities,” said New Mexico Gas Company President Ryan Shell.

Helping Heroes accepts applications to provide financial support in several areas:

- Safety equipment
- Professional training
- Safety education
- Recruitment efforts

- Behavioral Health support

For information about eligibility and application procedures, volunteer first responder organizations can visit https://www.nmgco.com/en/in_your_community.

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About New Mexico Gas Company

As the largest natural gas distribution utility in the state, New Mexico Gas Company (www.nmgco.com) provides service to more than 550,000 homes and businesses throughout New Mexico. The Company has about 740 employees in 26 offices, who are responsible for safely and reliably operating more than 12,000 miles of pipelines. New Mexico Gas Company is a subsidiary of Emera Inc., an expert team of utility and energy services companies serving 2.5 million customers in the U.S., Canada, and the Caribbean.

About Mind.Body.Fire

Mind.Body.Fire teaches firefighters effective coping skills for chronic stress related to tasks associated with fire and emergency medical service response. It is a collaborative of trained faculty with experience as firefighters, mental health providers and instructors trained in mindfulness-based stress reduction, nutrition, functional movement and yoga. These experts have been developing a proactive approach to addressing firefighter mental health since 2016.