

[911 At Ease International](#)

Offers free, confidential professional trauma-informed counseling services for first responders and their families worldwide.

[Next Rung](#)

Offers first responders free and confidential peer support via talk, text, social media messaging, email, Skype, or FaceTime. Next Rung also offers help for first responders seeking professional resources for counseling or inpatient treatment.

[Responder Health](#)

Offers confidential peer hotline, customized assistance, and concierge services for first responders in need, peer support development and crisis response assistance, and online and in person training courses that focus on wellness and resiliency - all designed by first responders for first responders.

[Responder Support Services](#)

Provides clinical and non-clinical services to first responders and services to help agencies and departments integrate behavioral health into the agency/department structure to better serve communities and personnel.

[Safe Call Now](#)

Safe Call Now is a free confidential, comprehensive, 24-hour crisis referral service for all public safety employees, emergency services personnel, and their family members nationwide. Safe Call Now utilizes peer support advocates to provide assistance, resources, and support to those in need.

[Building Resilience](#)

National Alliance on Mental Illness

Resource that discusses the importance of building resiliency for public safety professionals. Gives 5 steps to begin building resiliency into work life and then lists a number of specific skills and tools to build resiliency. Includes additional links to examples of the skills and tools mentioned.

[The Code Green Campaign](#)

The Code Green Campaign is a first responder-oriented mental health advocacy and education organization. This webpage provides educational resources for first responders and their families about self-care, peer care, and ways to advocate for systemic change in how mental health issues are addressed by first responder agencies.

[First Responder Mental Health: Breaking the Stigma](#)

Youturn Health

PowerPoint presentation about first responder mental health and resources.

[First Responders and Disaster Responders Resource Portal](#)

Substance Abuse and Mental Health Services Administration (SAMHSA): Disaster Technical Assistance Center (DTAC)

Webpage that offers free online training classes specifically geared towards addressing and supporting first responders and disaster responders dealing with stress.

[Incorporating Mental Health and Human Factors into Training and Exercises](#)

CISA Emergency Communications Division (ECD)

A white paper on how to incorporate new trainings and exercises relating to mental health for first responders.

[Law Enforcement Officer Safety and Wellness \(requires Bureau of Justice Assistance login\)](#)

Bureau of Justice Assistance U.S. Department of Justice

Webpage that gives the reader programs and resources via accessible links to properly mitigate the impact of stress on law enforcement officers' safety and wellness.

[Man's Search for Meaning](#)

Viktor Frankl

A book written by Frankl, chronicling his experiences as a prisoner in Nazi concentration camps during WWII. It describes his psychotherapeutic method which involved identifying a purpose in life to feel positive about, and then immersivity imaging that outcome.

[NENA Wellness Continuum](#)

National Emergency Number Association

Webpage that provides wellness resources for the 9-1-1 community. Resource topics include mental health, physical health, nutrition, resiliency, and wellness program development.

[Next Generation 911 Incident-Related Imagery Impacts 101](#)

SAFECOM-NCSWIC

This whitepaper gives the reader an understanding of the potential impacts incident-related imagery received by a 911 center and/or dispatch center can cause. This whitepaper also states four topics on how to plan for imagery in a 911 center.

[Policing, Stress, and Resilience](#)

Federal Bureau of Investigation, Gina Orton, M.D., Medical Officer, Selden F. Cooper, LCSW-C, CEAP, M.Ed., Employee Assistance Counselor

White paper that gives a law enforcement audience the awareness and ability to deal with job related stressors and how to handle such stressors when they arise. Gives the audience an understanding of resiliency and how to be adaptive.

[Psychological First Aid for First Responders](#)

U.S. Department of Health and Human Services

A brochure that is easily accessible for first responders following a traumatic event. A list of Dos and Don'ts when trying to manage intense emotions and providing psychological first aid. Also, a list of resources with phone numbers and websites to utilize when dealing with stress.

[Psychological 1st Aid](#)

Loma Linda University

A webpage listing key steps in recognizing the psychological impact of disasters.

[Public Safety Professionals](#)

National Alliance of Mental Illness (NAMI)

Webpage that provides resources specifically geared towards public safety professionals and their mental health. The webpage includes a self-assessment to help identify symptoms of trauma and stress and provides resources for those seeking peer and/or professional mental health support, as well as educational tools to build mental and physical resiliency.

[ResponderStrong](#)

Nonprofit organization that connects first responders and public safety agencies with free education including tip sheets and toolkits, as well as self-help tools and clinical resources.

[Stress First Aid](#)

First Responder Center for Excellence

Webpage that offers free self-paced training and resources for addressing common physical and behavioral health, wellness, and injury issues that arise due to the unique and important nature of emergency services and first responder work.

[Survive First](#)

Nonprofit organization that provides resources for first responders and their families seeking information to help navigate the mental health challenges that a career in public safety and health fields often brings. Resources include peer support, free educational seminars/webinars, and a treatment assistance fund.

[Telecommunicator: The Forgotten Victim](#)

City of Norfolk Emergency Preparedness and Response

PowerPoint presentation about telecommunicator mental health and resources.

Human Factors Resources – Resources Library

[Train and Exercise to Help Public Safety Personnel Overcome Information Overload, Stress, and Trauma](#)

CISA ECD

A webinar meant to help first responders understand how to deal with stress and information overload when operating during disaster operations. Goal is to implement human factors into training and exercise programs for public safety departments.