

Information about mental health and strategies for resilience in first responders

| Resource | Link | Notes |
|--|--|---|
| <p><i>Wellbeing in the emergency services: Submission to the Senate Inquiry into the high rates of mental health conditions experienced by first responders (2018)</i> New Zealand</p> | <p>https://www.aph.gov.au/DocumentStore.ashx?id=2bed9c83-d4a4-447a-91a7-220955c79272&subId=658797</p> | <p>A grounded theory study which resulted in a new theory about how first responders manage their wellbeing in the emergency services. Key concepts are visually depicted throughout, e.g. Model of the heart of wellbeing theory (p. 8), building a toolbox (p. 11) and optimising individual and team resilience in emergency services organisations (p. 17); recommendations and policy implications. (New Zealand-based resource)</p> |
| <p><i>Spotting PTSD: A PTSD Toolkit for first responders (2018)</i> Canada</p> | <p>https://www.researchgate.net/publication/323607557_Spotting_PTSD_A_PTSD_Toolkit_for_First_Responders</p> | <p>Contains a range of information for first responders, including: post-traumatic stress in the context of first responders, strategies for mental health promotion, strategies in the workplace, advocacy for organizational change and the role of family and friends. (Canada-based resource)</p> |

Disclaimer: These links are being provided for informational purposes only; they do not constitute an endorsement. Some topics listed may trigger an emotional response. If that is the case, please seek assistance from a mental health professional, GP, counsellor, psychologist or psychiatrist.
Date created October 2018

Resources and Supports for First Responders

| | | |
|---|---|---|
| Intervention Section 2: Just getting started with intervention (2016) Canada | https://www.firstrespondersfirst.ca/wp-content/uploads/2016/03/Section-2-Getting-Started-Intervention.pdf | Includes guides and tools about responding to the signs and symptoms of PTSD, self-assessment, accessing support. (Canada-based resource) |
|---|---|---|

Books

| Resource | Link | Notes |
|---|---|---|
| <i>My Dark Companion</i> by Shaun O’Gorman (2017) Australia | http://www.thestronglifeproject.com/books/ | Australian former police officer’s personal story of coping and resilience. |
| <i>Finding the Silver Lining</i> | https://itunes.apple.com/au/book/finding-the-silver-lining/id1167877584?mt=11 | Looking through the experiences of ambulance personnel, this book provides frameworks for understanding oneself and the personal reactions to the common demands of ambulance life. From this perspective, proactive and intentional strategies are recommended to promote preparedness, growth and resilience within the challenging but fulfilling field of ambulance work. |
| <i>Emotional Survival for Law Enforcement</i> by Kevin Gilmartin (2002) US | http://emotionalsurvival.com/about.htm | The author is a behavioural scientist specialising in issues related to law enforcement with 20 years of police experience. This book was written to help officers and their families maintain and/or improve their quality of life, professionally and personally. (US focus) |
| <i>First Responder Resilience: Caring for public servants</i> by Tania Glenn (2017) US | https://www.booktopia.com.au/first-responder-resilience-tania-glenn/prod9781946329516.html | This book describes best standards of care for emergency services first responders, based on over 26 years’ experience of assisting these |

Disclaimer: These links are being provided for informational purposes only; they do not constitute an endorsement. Some topics listed may trigger an emotional response. If that is the case, please seek assistance from a mental health professional, GP, counsellor, psychologist or psychiatrist.
Date created October 2018

Resources and Supports for First Responders

| | | |
|--|--|---|
| | | professionals during and after trauma, stress and burnout. (US focus) |
|--|--|---|

Resilience programs

| Resource | Link | Notes |
|---|---|---|
| <i>Emotional Resilience & Wellbeing for Emergency Services Personnel</i> Australia | https://platinumpotential.com.au/triplezeroresilienceprogram/ | Online course to promote resilience and wellbeing with a first responder focus. Created by a former Advanced Care Paramedic. Program includes 5 modules with 27 lessons and incorporates resources such as audio files and videos, steps to complete each lesson, downloadable workbooks and activities as well as a private social media group for participants. |
| <i>Mental Health First Aid</i> Australia | https://mhfa.com.au/ https://mhfa.com.au/mental-health-first-aid-guidelines | Range of courses available. The standard course runs for 12 hours and is aimed towards learning how to assist adults who are developing a mental health issue or mental health crisis. The course is based on guidelines developed through expert consensus of people with lived experience of mental health concerns and professionals. |
| <i>The Strong Life Project</i> Australia | http://www.thestronglifeproject.com/critical-stress-course/ | Online Critical Stress Course aimed towards police officers (Free trial is available). |
| <i>First Responders Trauma Prevention and Recovery Certificate</i> Canada | https://www.sfu.ca/continuing-studies/programs/first-responders-trauma-prevention-and-recovery-certificate/why-this-program.html | Online course taught by active or retired first responders. The skills in the program are aimed to better equip participants to handle job-related stresses. (Canada-based program) |

Disclaimer: These links are being provided for informational purposes only; they do not constitute an endorsement. Some topics listed may trigger an emotional response. If that is the case, please seek assistance from a mental health professional, GP, counsellor, psychologist or psychiatrist.
Date created October 2018

