

FROM OUR FRIENDS at Jones & Bartlett – Korie Gospodarski at Public Safety Group
has sent a lineup of links to timely online resources:

For Mental Health Awareness Month, I wanted to share a few resources that discuss EMS and firefighter mental health and offer ways to help reduce trauma and build resilience.

Here are five recent articles and videos on mental health to read, share with your colleagues, and discuss with your students:

- [Training for Resilience: How Instructors Are Approaching First Responder Mental Health](#)
- [Tips for Teaching Pediatric Care in EMS: "Listen, Be Honest with Patients, and Look Out for Your Peers."](#) featuring Dr. Mike McEvoy
- [Expert on Suicide Prevention in the Fire Service: "Hope Is Truly the Antidote."](#) featuring Battalion Chief Dena Ali
- [How Peer Support Canines Are Improving Mental Health at the Fire Station](#), featuring paramedic and firefighter Wade Munson
- [Why a Focus on Mental Health and Communication Is Vital to Job Performance in the Fire Service](#), featuring Chaplain Roosevelt Johns

We also offer excellent resources to help you integrate mental health awareness into your training:

- *Mental Health Resilience Officer Resource Guide*
- *First Responder Support & Resilience*
- *Preceptor Course, [which explores some mental health components of succeeding as an EMS professional](#)*