



MENTAL HEALTH MATTERS

FROM THE INTERNATIONAL CRITICAL INCIDENT STRESS FOUNDATION, INC.

Destigmatizing the Conversation: The Crucial Role of Critical Incident Stress Management for First Responders

By: John Hunt, MA, CHEC, CCISM, CAAIS, Chief Operations Officer, Crisis Response Canines

October marks the National Depression and Mental Health Awareness and Screening Month. While depression can affect anyone, it has a particularly profound impact on First Responders. Now more than ever, we have a call to action to raise awareness, and address the mental health needs of our heroic first responders. Critical Incident Stress Management plays a crucial role in supporting their mental health and general wellbeing. [Read More](#)



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Mental Health Matters

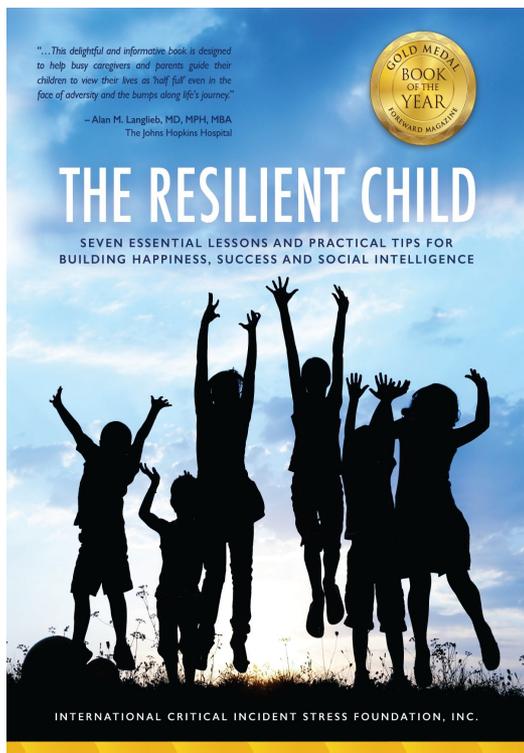
[These habits can cut the risk of depression in half, a new study finds](#) Article from NPR

[Funding EMS behavioral health programs](#) Article from EMS1

[What is Depression?](#) Article from SAMHSA



ICISF Training & Resources



George S. Everly, Jr., PhD, ABPP, CCISM

[The Resilient Child Seven Essential Lessons and Practical Tips for Building Happiness, Success, and Social Intelligence](#) By: George S. Everly, Jr., PhD, ABPP, CCISM

[Assisting Individuals in Crisis & Group Crisis Intervention](#)

[Resilience Training: Psychological Survival Skills for Before, During & After Crises November 1 – 2, 2023](#)

[Understanding First Responder Cultures for Mental Health Professionals](#) Video Resource

[Ready for Action? A 28-Day Psychological Risk Assessment Program](#) Video Resource



Strategic Partner Content

[Weekly Wellness Minute: 3 Ways Pets Can Boost Your Mental Health](#) provided by Lighthouse Health and Wellness Be sure to check out this video and more [here!](#)

[THE CALL \(STORIES FROM BEHIND THE BADGE\) Putting First Responders First](#) 100 Club of Arizona Be sure to listen to this podcast and more [here!](#)

[SeaTac, WA First Responder Mental Health and Wellness Conference](#) - Thu Nov 2nd 2023, 8:00 am - Fri Nov 3rd 2023, 4:00 pm PDT *Presented by 1st Responder Conferences in Partnership with First H.E.L.P.*