

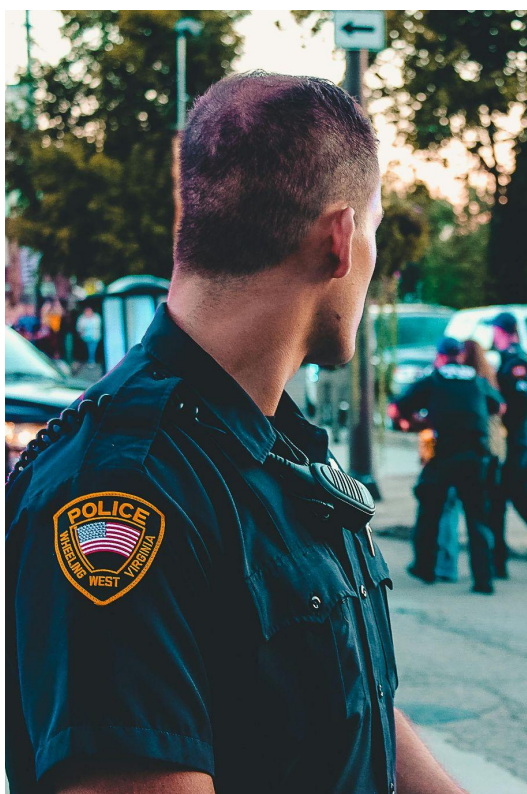


CISM NEWS

FROM THE INTERNATIONAL CRITICAL INCIDENT STRESS FOUNDATION, INC.

HEROES IN HEALTH FIRST RESPONDERS BREAK THE STIGMA

MAY 2024



Self-Care is Community Care: The Vital Role of Resilience in Critical Incident Stress Management Teams

By: Nicole E. Ferry, MPA

In the world of public safety, the men and women who dedicate their lives to protect and serve our communities often face unimaginable challenges. [Read More](#)

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ICISF Training & Resources

Dive into summer learning with our comprehensive CISM training and resources! Take the first step towards making a difference in the lives of those in crisis.

Training

- May 22nd, 2024:
[Learning with Leaders: Protecting CISM Confidentiality](#)
- June 3rd, 2024:
[Learning with Leaders: CISM as Peer Support](#)
- June 3rd, 10th & 17th, 2024:
[360 Degrees of CISM: A forward focused approach to building a resiliency culture](#)
- June 4th, 11th & 18th, 2024:
[Human Spirit and Faith Tactics in CISM](#)
- June 5th – 6th, 2024:
[Crisis Informed Peer Para-Counseling: Intervention Enhancement to the CISM Continuum](#)
- June 8th, 2024:
[Learning with Leaders: The Crisis Management Briefing \(CMB\): Updates and Enhancements](#)

- June 11th-12th, 2024:
[Resilience Training: Peak Performance and Mental Strength for Before, During and After Crises](#)

Resources

- Video: [Avoidance & The Importance of Peer Support](#)
- Podcast: [Suicide Intervention \(Quick Tips\)](#)
- Podcast: [Hope \(ICISF Quick Tips\)](#)
- Podcast: [Worry and Guilt \(Quick Tips\)](#)
- Video & Handout: [Mid and Post Pandemic Mental Healthcare for Hospital Employees](#)
- Video: [Invisible Victims of Mass Violence: Why Psychological Trauma Is a Public Health Issue](#)
- Book: [Psychological Body Armor™](#)
- Book: [Duty, Honor, Hope](#)
- Book: [Critical Incident Stress Management \(CISM\) & Psychological Crisis Intervention](#)

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Crisis Journal Articles

- [Stop the Threat – Stop the Stigma](#)
- [Ignite Your Strengths – Resilience Education for Firefighters](#)
- [Multiple-Attempt Suicide Survivors: A Constant Comparative Analysis](#)
- [Moral Injury, Leadership, and Suicide: A Study of Texas Parademics](#)

Social Media Articles

- [National Strategy for Suicide Prevention and Federal Action Plan](#)
– SAMHSA
- [It's Okay to Not Be Okay: Tips and Resources for Mental Health Awareness Month](#) – SAMHSA
- [Mental health resources expand for first responders](#) – Spartan News Room
- ['Groundbreaking' new program for Fort Worth first responders offers mental, emotional support](#) – NBCDFW
- [Finding mental health support for first responders](#) – 12 News
- [Prioritizing Mental Well-Being: A Crucial Call to Support Our First Responders](#) – The Elm

Strategic Partner Content

- Crisis Response Canines: [Destigmatizing the Conversation: The Crucial Role of Critical Incident Stress Management for First Responders](#)
- [The Call Podcast](#)
- First Responders Conference: [Bellingham First Responder Mental Health and Wellness Conference](#)
- ATSS: [Resilience Through Restitution, A Collision Investigator's "Bounce Back" from an Operational Stress Injury Road Trip](#)
- Lighthouse Health and Wellness: [Hear from People Who Understand: Mental Wellness Webinar Series for First Responders](#)
- Warriors Rest Foundation: [First Responder Mental Health and Wellness, Jefferson City, MO](#)

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