



CISM NEWS

FROM THE INTERNATIONAL CRITICAL INCIDENT STRESS FOUNDATION, INC.

HONORING COURAGE A FOCUS ON FIRST RESPONDERS' MENTAL HEALTH

JUNE 2024



Let's Talk About Mental Health

By: Conrad Weaver

Starting the conversation about mental health and PTSD among first responders is challenging but essential in changing the culture. [Read More](#)

Trauma-Informed Peer Support: The Missing Connection

By: Nancy Wesselink, PhD LMSW CEAP

These are just a few of the reasons why men and women are not asking for help. The question is, where do we start? [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

- June 3rd, 2024:
[Learning with Leaders: CISM as Peer Support](#)
- 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 10th – 12th, 2024:
[Assisting Individuals in Crisis & Group Crisis Intervention in Colleges and Universities](#)
- June 11th – 12th, 2024:
[Resilience Training: Peak Performance and Mental Strength for Before, During and After Crises](#)

- June 20th – 21st 2024:
[Advanced Assisting Individuals in Crisis](#)
- June 27th – 28th, 2024:
[Managing School Crises: From Theory to Application](#)

Resources

- Video: [Grief Within The Workplace](#)
- Video: [Invisible Victims of Mass Violence: Why Psychological Trauma Is a Public Health Issue](#)
- Podcast: [Suicide Intervention \(Quick Tips\)](#)
- Book: [Duty, Honor, Hope](#)
- Book: [Psychological Body Armor™](#)
- Resource: [Ready for Action? A 28-Day Psychological Risk Assessment Program](#)

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Crisis Journal Articles

- [TO TELL OR NOT TO TELL: SYSTEMIC AND ORGANIZATIONAL STIGMA OF POLICE OFFICERS SEEKING MENTAL HEALTH SUPPORT](#)
- [First Responder Mental Health: A Literature Review of Current Individual and Organizational Issues](#)
- [The Unseen Link: Healing Modalities and Emergency Response](#)
- [PTSD and Suicide Within the Fire and Emergency Services](#)

Social Media Articles

- [Saving those who save us: How this Prosper nonprofit helps first responders with their mental health](#) – Star Local Media
- [NYS Survey: First responders facing mental health challenges](#) – News 10
- ['It's personal': Englewood Fire Chief advocates for mental health services](#) – Fox 4 News
- [EDITORIAL: Program on PTSD, dementia for vets welcome](#) – The Daily Star

Strategic Partner Content

- PTSD 911: [First Responders Wellness Podcast](#)
- 1st Responder Conferences: [Houston, TX First Responder Mental Health and Wellness Conference](#)
- ATSS: [Veterans in Pain: Trauma, PTSD & Substance Abuse](#)
- The Call Podcast: [Dr. Nameeta Sahni Insights - Police Stories](#)
- First H.E.L.P: [EP 68: Stigma This](#)
- First H.E.L.P: [EP 52: Hey You Listen to Yourself](#)
- The Counseling Team International: [Post-Traumatic Growth](#)
- The Counseling Team International: [Reactions to Traumatic Situations](#)
- Lighthouse Health and Wellness: [Addressing Depression in First Responders](#)

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