

# Mental Health Resources and Motivation



# Training/ Education Resources

- ▶ **International Association of Fire Fighters/ Attn: Health and Safety Department**

[behavioralhealth@iaff.org](mailto:behavioralhealth@iaff.org)

- ▶ **First Responder Support Network**

<https://www.frsn.org/trainings.html>

- ▶ **ASIST Workshop**

[www.livingworks.net](http://www.livingworks.net)



# Mental Health Resources

- ▶ **Firefighter Mental Health**  
<https://firefightermentalhealth.org>
- ▶ **Helping First Responders**  
<https://helpingfirstresponders.com/resources/>
- ▶ **U.S. Department of Veterans Affairs/Veterans Crisis Line**  
<https://www.veteranscrisisline.net>
- ▶ **STAR Behavioral Health Mental Health Specialist for PTSD and Veterans**  
[www.starproviders.org](http://www.starproviders.org)
- ▶ **U.S. Department of Defense, Defense Suicide Prevention Office**  
<https://www.dspo.mil>
- ▶ **Mental Health America (MHA)**  
<https://www.mhanational.org>
- ▶ **American Foundation for Suicide Prevention (ASPF)**  
<https://afsp.org>

# Smart Phone Apps.

- ▶ PTSD Coach
- ▶ ACT Coach
- ▶ Family Coach
- ▶ Moving Forward



- ▶ Mindfulness
- ▶ Super Better
- ▶ Virtual Hope Box
- ▶ Fit Mind





# Smart Phone Apps.

- ▶ **White Noise**
- ▶ **Insight Timer**



# Social Media Pages

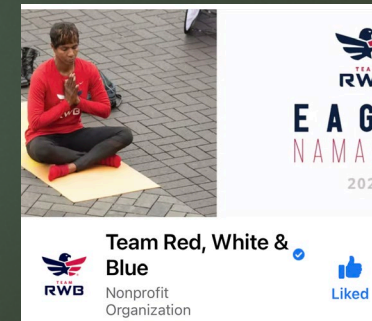
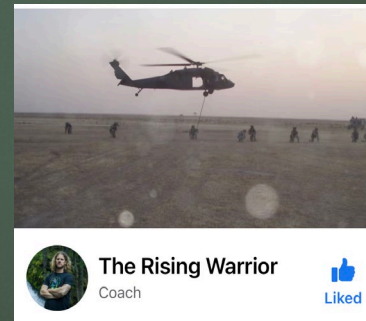
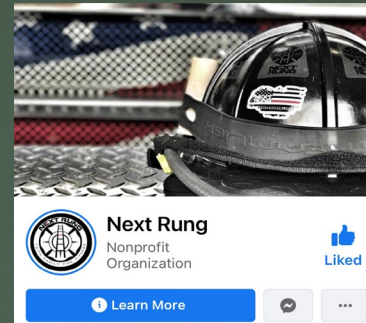
- ▶ Firefighter Behavioral Health Alliance
- ▶ 1<sup>st</sup> Responder Conferences
- ▶ Chateau Recovery First Responder Resiliency
- ▶ PTSD Project





# Social Media Pages

- ▶ Next Rung
- ▶ Mental Illness and Suicide Awareness
- ▶ The Rising Warrior
- ▶ Team Red, White & Blue



# Managing Stress

## How to reduce depression



*Alms*

### 101 habits for a better life

- Wake up early in the morning
- Make your bed
- Stretch as soon as you get out of bed
- Hydrate first thing at the morning
- Drink lots of water throughout the day
- Meditate before touching your phone
- Plan + set your priorities before starting the day
- Exercise 3-5 times per week
- Recite positive daily affirmations
- Make time to reflect on life
- Don't worry about things you can't control
- Listen more than you speak
- Perform morning and evening skincare routine
- Practice gratitude daily



# Managing Stress

## 30 days happier challenge



Alms

1. walk outside
2. hot bath or shower in candlelight
3. make playlist of your favourite songs
4. self massage
5. write a list of 10 things you're proud of yourself for
6. leave a note or gift for a stranger
7. sit in nature
8. read something you'll enjoy
9. phone or video call someone you love
10. do some stretches
11. lay and listen to ambient sounds
12. try a guided meditation
13. declutter one area
14. write a thank you letter to someone you're grateful for
15. cancel something you don't need
16. do a colouring activity
17. try a short yoga routine
18. make a gratitude list
19. journaling activity
20. clean some small area you see a lot
21. write a letter to young self
22. do a breathing exercise
23. do something you enjoyed as a child
24. try a drawing activity
25. watch your favourite comedy stand up
26. do that thing you've been putting off
27. make a list of boundaries you need to strengthen (who, what, when)
28. take a well deserved nap
29. unfollow people on social media who make you feel bad
30. repeat favourite self care activity



# Managing Stress



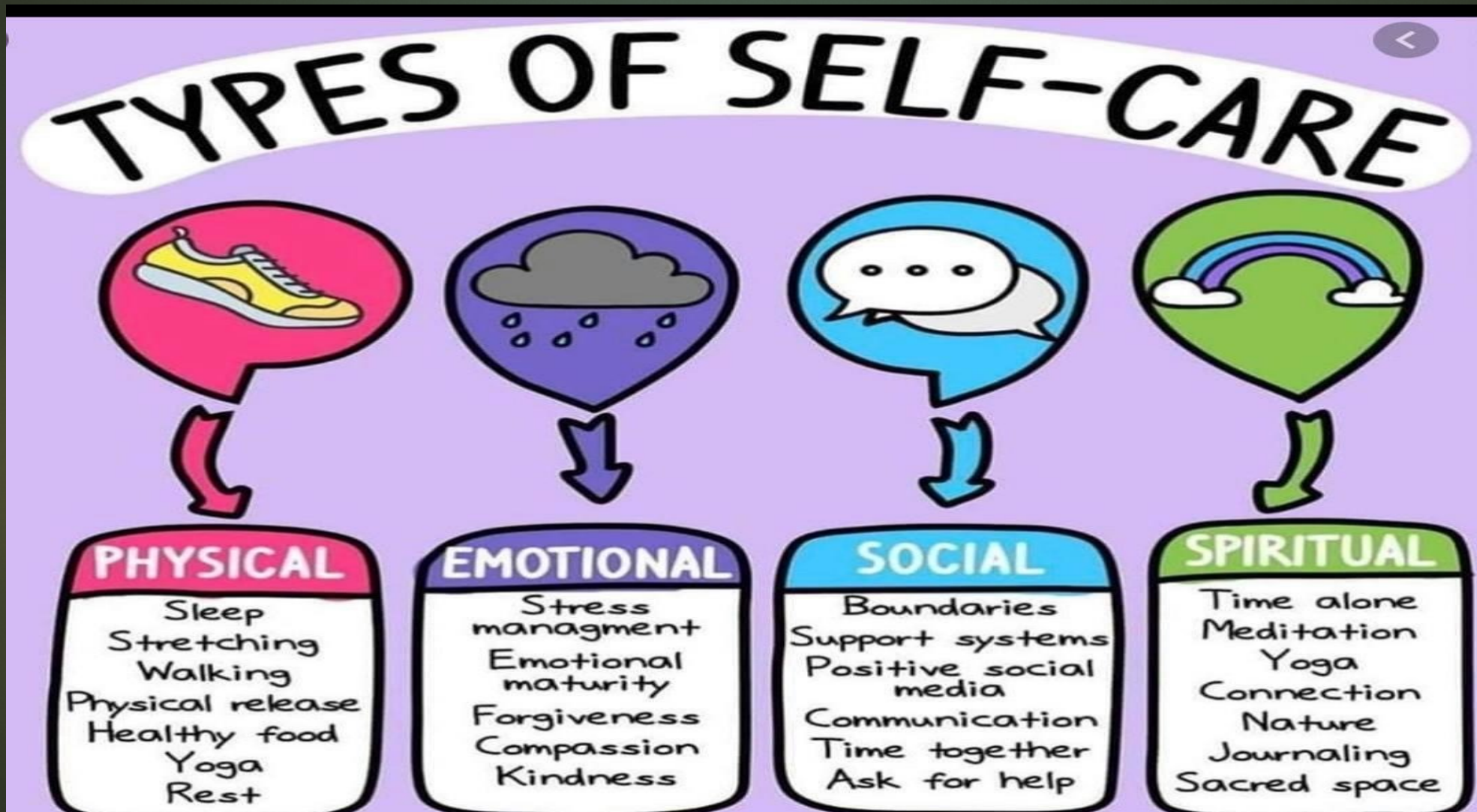


# Managing Stress





# Managing Stress

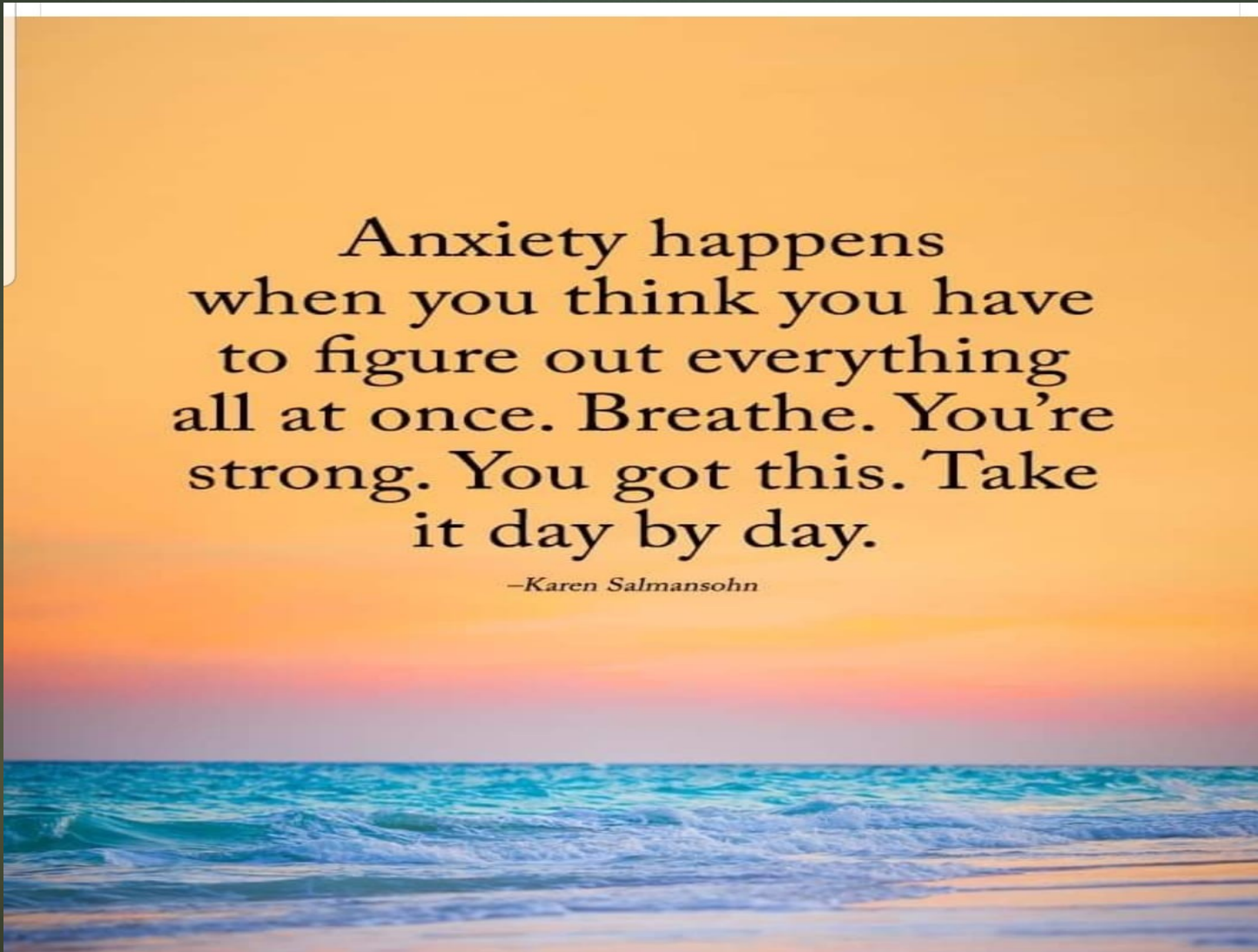




# You Got This

Anxiety happens  
when you think you have  
to figure out everything  
all at once. Breathe. You're  
strong. You got this. Take  
it day by day.

*—Karen Salmansohn*



# Keep Moving Forward





# The Spartan Pledge

## *The Spartan Pledge*

*I will not take my own  
life by my own hand  
until I talk to my  
Battle Buddy first.  
My mission is to find  
a mission to help  
my Warfighter  
family.*

