

# CRITICAL INCIDENT STRESS MANAGEMENT

## EMPLOYEE SUPPORT RESOURCES



[Share the Facts](#) about COVID-19

### Videos

---

- **Responder Support Services Video Series –Stress and Resiliency**
  - Video #1: <https://www.youtube.com/watch?v=TDKOemecJbY&t=3s>
  - Video #2: <https://www.youtube.com/watch?v=9MAobvXgfFo&t=86s>
  - Video #3: <https://www.youtube.com/watch?v=Cchf1uj8KYk>

### COVID-19 Resources

---

- **CDC Corona Virus Disease 2019** - <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- **Substance Abuse and Mental Health Services Administration’s (SAMHSA’s) Disaster Distress Helpline** 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)
- **EAP Corona Virus Anxiety and Prevention Flyer** - [https://www.fs.usda.gov/Internet/FSE\\_DOCUMENTS/fseprd715991.pdf](https://www.fs.usda.gov/Internet/FSE_DOCUMENTS/fseprd715991.pdf)
- **National Alliance for Mental Illness (NAMI) COVID-19 Information and Resources** - [https://www.fs.usda.gov/Internet/FSE\\_DOCUMENTS/fseprd715991.pdf](https://www.fs.usda.gov/Internet/FSE_DOCUMENTS/fseprd715991.pdf)
- **Managing Fear and Anxiety and Prevention Flyer** - [https://www.fs.usda.gov/Internet/FSE\\_DOCUMENTS/fseprd715996.pdf](https://www.fs.usda.gov/Internet/FSE_DOCUMENTS/fseprd715996.pdf)
- **Public Safety Resilience During a Pandemic** - [https://www.fs.usda.gov/Internet/FSE\\_DOCUMENTS/fseprd715997.pdf](https://www.fs.usda.gov/Internet/FSE_DOCUMENTS/fseprd715997.pdf)
- **International Critical Incident Stress Foundation** – [www.icisf.org](http://www.icisf.org)

### Employee Support and Well-Being

---

- **Crisis Text Line** - <https://www.crisistextline.org/> Text HOME to 741741 for free, human support via text message. A discreet outlet for support without the danger of being overheard. Facebook messenger works for this resource
- **National Suicide Prevention Lifeline** – 1-800-273-TALK (8255), <https://suicidepreventionlifeline.org>
- **Centers for Disease Control and Prevention (CDC) Suicide Prevention** – <https://www.cdc.gov/violenceprevention/suicide/index.html>

- **Stress First-Aid** - A self-care and peer support model that comprises a set of supportive actions designed to help individuals assist each other in reducing the negative impacts of stress - [https://www.frames.gov/sites/default/files/frames-documents/nafri/SFA.1 Stress First Aid Overview NCPTSD.pdf](https://www.frames.gov/sites/default/files/frames-documents/nafri/SFA.1%20Stress%20First%20Aid%20Overview%20NCPTSD.pdf)
- **National Institute for Mental Health** – [www.nimh.nih.gov](http://www.nimh.nih.gov)
- **AARP Grief Programs** – State by State, support groups for widows and widowers - <http://www.aarp.org/family/lifeafterloss/>
- **Web Healing** – Grief website with message board providing opportunities to give and receive help with other grieving men and women – [www.webhealing.com](http://www.webhealing.com)
- **National Organization of Victim Awareness** – [www.trynova.org](http://www.trynova.org)
- **Journey of Hearts** – [www.journeyofhearts.org](http://www.journeyofhearts.org)
- **Practice Guide for “Living with Worry and Anxiety Amidst Global Uncertainty”** - [https://www.psychologytools.com/assets/covid-19/guide to living with worry and anxiety amidst global uncertainty en-us.pdf](https://www.psychologytools.com/assets/covid-19/guide%20to%20living%20with%20worry%20and%20anxiety%20amidst%20global%20uncertainty%20en-us.pdf)
- **Wildland Fire Fighter Foundation** – [www.wfffoundation.org](http://www.wfffoundation.org)
- **National Fallen Firefighter’s Foundation** – <https://1e2uy7491mu8ojpesizvtz4m-wpengine.netdna-ssl.com/wp-content/uploads/2020/03/family-resources-for-anxiety-management.pdf>
- **Concerns for Police Survivors** – [www.nationalcops.org](http://www.nationalcops.org)
- **Department of Veteran Affairs** – Resources and information surrounding Post-Traumatic Stress Syndrome - <https://www.ptsd.va.gov/>
- **Supervisor’s Guide to Suicide Intervention and Prevention** - <https://usfs.box.com/s/83ks7fj08o37lkq7sr7wzlnwelze8r6a>

## Family and Community

---

- **Helping Children Learn to Cope** – <https://www.cdc.gov/childrenindisasters/helping-children-cope.html>
- **United Way 211 Service** – <http://211.org> . Connects employees to needed resources in their community.