

# CPR FOR FIRST RESPONDERS

## Stress and the First Responder

As with physical stress, you want to recognize when mental stress is having a damaging impact. Responding quickly and effectively can help you stay healthy and strong. Use “CPR” as a reminder.



### CHECK YOURSELF

Is stress is reaching damaging levels? Ask yourself: Am I...

- › Having trouble getting restful sleep?
- › Feeling detached? Less responsive emotionally?
- › Constantly on edge, jumpy and easily startled?
- › Irritable, quick to anger, arguing more with family and friends?
- › Having trouble concentrating or staying focused?
- › Experiencing unexplained pains or illnesses?
- › Overusing alcohol, drugs or other escape coping?
- › Having unwanted, intrusive thoughts or thoughts of suicide?



### PROACTIVE PROTECTION

Prioritize self-care and resilience-building strategies.

- › Learn and practice mindfulness
- › Use healthy separation techniques, such as “containers”
- › Take note of good outcomes and the positive impact you have
- › Reframe unrealistic thoughts and standards
- › Use breaks and time off to recharge and renew your spirit
- › EMS: Eat, move, sleep – prioritize healthy choices
- › Watch out for use of alcohol, drugs, and tobacco for coping



### REACH OUT

Connect with others to open a release valve for stress.

- › Debrief with coworkers; be open to giving and getting support
- › Share thoughts and feelings with friends and family members
- › Call in reinforcement for life stressors
- › Call a hotline or connect with online peer support groups
- › Be open to the support that a professional can offer

### GET SUPPORT SO YOU CAN GIVE SUPPORT

**Your EAP is available 24/7.** Check with your benefits manager if you need the number.

#### The Code Green Campaign

Mental health peer support and resources for all first responders.

[codegreencampaign.org/resources](https://codegreencampaign.org/resources)

#### First Responder Support Network

Resources, education, and retreats for first responders and family members impacted by traumatic incident stress.

[www.frsn.org](https://www.frsn.org)

#### Behavioral Health Treatment Services

**Locator:** Confidential, anonymous resource for those seeking help with mental health concerns or substance abuse treatment.

**1-800-662-HELP (4357)**

[findtreatment.samhsa.gov](https://findtreatment.samhsa.gov)

#### 24 Hour, Confidential Support Lines

**Safe Call Now: 1-206-459-3020**

Nationwide support resource for all public safety and emergency personnel and their family members.

[www.safecallnowusa.org](https://www.safecallnowusa.org)

#### 988 Suicide and Crisis Lifeline

**Call or text 988**

[988lifeline.org](https://988lifeline.org)

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