



# MENTAL HEALTH MATTERS

FROM THE INTERNATIONAL CRITICAL INCIDENT STRESS FOUNDATION, INC.

## Destigmatizing the Conversation: The Crucial Role of Critical Incident Stress Management for First Responders

*By: John Hunt, MA, CHEC, CCISM, CAAIS, Chief Operations Officer, Crisis Response Canines*

October marks the National Depression and Mental Health Awareness and Screening Month. While depression can affect anyone, it has a particularly profound impact on First Responders. Now more than ever, we have a call to action to raise awareness, and address the mental health needs of our heroic first responders. Critical Incident Stress Management plays a crucial role in supporting their mental health and general wellbeing. [Read More](#)



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# Mental Health Matters

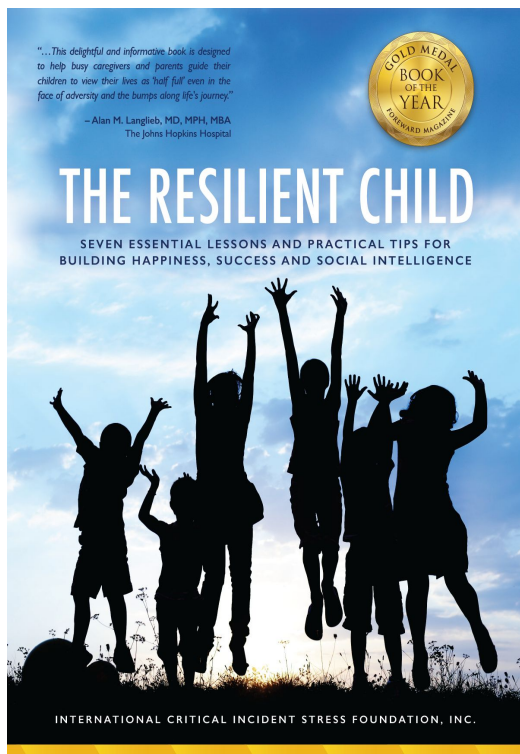
[These habits can cut the risk of depression in half, a new study finds](#) Article from NPR

[Funding EMS behavioral health programs](#) Article from EMS1

[What is Depression?](#) Article from SAMHSA



## ICISF Training & Resources



George S. Everly, Jr., PhD, ABPP, CCISM

[The Resilient Child Seven Essential Lessons and Practical Tips for Building Happiness, Success, and Social Intelligence](#) By: George S. Everly, Jr., PhD, ABPP, CCISM

[Assisting Individuals in Crisis & Group Crisis Intervention](#)

[Resilience Training: Psychological Survival Skills for Before, During & After Crises November 1 – 2, 2023](#)

[Understanding First Responder Cultures for Mental Health Professionals](#) Video Resource

[Ready for Action? A 28-Day Psychological Risk Assessment Program](#) Video Resource



## Strategic Partner Content

**Weekly Wellness Minute: 3 Ways Pets Can Boost Your Mental Health** provided by [Lighthouse Health and Wellness](#) Be sure to check out this video and more [here!](#)

**THE CALL (STORIES FROM BEHIND THE BADGE) Putting First Responders First** [100 Club of Arizona](#) Be sure to listen to this podcast and more [here!](#)

**SeaTac, WA First Responder Mental Health and Wellness Conference** - Thu Nov 2nd 2023, 8:00 am - Fri Nov 3rd 2023, 4:00 pm PDT *Presented by 1st Responder Conferences in Partnership with First H.E.L.P.*