



National Town Hall #8 November 30, 2023

Helping the Helpers: Addressing Needs of First Responders Following MVIs

RESOURCES

NMVC TIP SHEETS

[How to Identify an Experienced Trauma-Focused Therapist](#)

[Timeline of Activities to Promote Mental Health Recovery](#)

[Transcend NMVC](#) (free mobile app)

[Twelve Self-Help Tips for Coping in the Aftermath of Mass Violence Incidents](#)

[Vicarious Trauma and Compassion Fatigue Suggested Reading List](#)

FEDERAL RESOURCES

[Centers for Disease Control and Prevention](#)

[Emergency Responders: Tips for Taking Care of Yourself](#), Centers for Disease Control

[Suicides Among First Responders: A Call to Action](#), NIOSH Science Blog, April 6, 2021

[Surviving Field Stress for First Responders](#) training course, Agency for Toxic Substances and Disease Registry, May 19, 2023

COPS Office, U.S. Department of Justice, [Officer Safety and Wellness Program](#)

Office for Victims of Crime, U.S. Department of Justice: [Helping Victims of Mass Violence & Terrorism Toolkit: Planning, Response, Recovery & Resources](#)

Office for Victims of Crime - [Terrorism & Mass Violence Resources](#)

Office for Victims of Crime - [Vicarious Trauma Toolkit](#)

Substance Abuse and Mental Health Services Administration (SAMHSA): [First Responders and Disaster Responders Resource Portal – Disaster Technical Assistance Center](#)

U.S. Fire Administration, Federal Emergency Management Agency - [Behavioral Health Resources for First Responders](#)

Veterans Administration, National Center for PTSD - [Psychological First Aid Online Training Course](#)

NATIONAL ORGANIZATIONS

[Center for Firefighter Behavioral Health](#)

[Center for the Study of Traumatic Stress](#)

[First Responder Center for Excellence](#)

[First Responders Support Team, First Responders Foundation](#)

International Association of Chiefs of Police

[Mass Violence Advisory Initiative \(MVAI\)](#)

[Mass Casualty Events and Terrorism](#)

National Child Traumatic Stress Network

[Pause-Reset-Nourish \(PRN\) to Promote Well-Being: Use as Needed to Care for Your Wellness](#)

[Psychological First Aid - Skills for Psychological Recovery](#) (online Course)

[National Fallen Firefighters Foundation](#)

[National Sheriffs' Association](#)

[VOICES Center for Resilience](#)

NATIONAL RESOURCES

[The Role of Police Executives in Assisting Victims of Mass Violence: Lessons from the Field](#), Police Executive Research Forum, September 2020

[Coping with Stress Following a Mass Shooting](#), Center for the Study of Traumatic Stress

[Grief Leadership: Leadership in the Wake of Tragedy](#), Center for the Study of Traumatic Stress