



FIRST RESPONDER WELLNESS VIDEOS

20 Part Animated Video Series



- **988 & Suicide Prevention**
- **Body Exercises to Release Toxic Stress**
- **Build Personal Health and Wellbeing**
- **CISM + Peer Support**
- **Crisis of Faith**
- **Cynicism & Skepticism**
- **Healthy Boundaries**
- **Mental Health Exercises**
- **Mindfulness Based Stress Reduction**
- **Phases of Natural Disaster**
- **Ruminating Thoughts**
- **Signs of Stress Overload**
- **Sleep Hygiene**

- **Spouse & Family Support**
- **Substance Use and Misuse**
- **Supportive Teams**
- **Survivors Guilt**
- **Survival Energy & Settling Energy**
- **Trauma Informed Care**
- **Types of Stress**

*Just follow
this link!*



<https://tinyurl.com/dmh1stresponders>



THIS COURSE WAS FUNDED BY A GRANT FROM SAMHSA, THE SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION. THE VIEWS AND OPINIONS CONTAINED IN THIS COURSE DO NOT NECESSARILY REFLECT THOSE OF SAMHSA OR THE U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES, AND SHOULD NOT BE CONSTRUED AS SUCH. SAMHSA'S MISSION IS TO REDUCE THE IMPACT OF SUBSTANCE AND MENTAL ILLNESS ON AMERICA'S COMMUNITIES.