



1-833-YU-FIRST  
(1-833-983-4778)

## September Newsletter



The Fire Captain Ryan J. Mitchell's First Responders Behavioral Health Program partnered with First Responders, family members, and subject matter experts to explore challenges and identify solutions.

Free online on-demand library of courses and resources for First Responders and family members to cope with the impact of COVID-19



COVID-Vulnerable Populations



Understanding the Behavioral Health Impact of COVID-19 on First Responders



Understanding How COVID Has Impacted The Well-Being Of Our First Responder Families



Resiliency During the Pandemic



Understanding the Behavioral Health Impact of COVID-19 on First Responders



Understanding Burnout and Compassion Fatigue among First Responders



First Responders & Psychological Safety



Preventing Suicide: Understanding how COVID-19 has increased the risk of suicide

[CHECK OUT ALL OUR FREE RESOURCES HERE!](#)

### September is Suicide Prevention Month

Every day in California, there are friends, family and co-workers who struggle with emotional pain. And, for some, it's too difficult to talk about the pain, thoughts of suicide and the need for help. Though the warning signs may be subtle, they are there. By recognizing the signs, finding the words to start a conversation and reaching out to local resources. You have the power to make a difference, the power to save a life.

- Know the Signs.
- Find the Words.
- Reach out.

[Button](#)

**Supportive Transitions**  
Reconnect, Reenter and Rebuild

#SuicidePrevention

**Suicide Prevention Resources**  
All resources available 24/7

National Suicide Prevention Lifeline  
1-800-273-TALK (8255)  
Toll-free 24/7  
For Spanish: 1-888-628-9454  
For deaf/hard of hearing: 1-800-799-4889  
Text HOME to 741-741  
Text with a trusted contactor from the Crisis Text Line app

The Trevor Project  
1-866-486-7786  
www.thetrevorproject.org | get help now, stay, and get support for LGBTQ+ youth

Friendship Line  
1-800-971-0016  
Crisis and support line for adults 18 years and older operated by Veterans for Peace

Each Mind Matters Resource Center  
www.EMMRResourceCenter.org  
22 local American Resource Centers offering English

suicideispreventable.org

### Free Training within the First Responder Community



Resiliency is a top priority in the First Responder community. First Responders are at a greater risk for experiencing symptoms of depression and anxiety due to repeated exposure to trauma. Many First Responders are hesitant to seek help because of the stigma surrounding mental health. Our staff provides free in-person and Zoom presentations to educate First Responders about stigma, resiliency and wellness; recognizing its impact, and providing tools on how to reduce stigma and promote wellness within the First Responder community.

Our team is working to promote prevention and support First Responders – creating custom presentations to meet the needs of one's department. Contact us today to request an in-person or Zoom presentation.

[Request More Information](#)



This program is funded by the County of San Diego/HHSA

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[Check out our website](#)