

Mental Fitness Resources for First Responders



First responders — including those working in law enforcement, firefighting, corrections, dispatch, and EMS — put themselves at risk every day. And the stress doesn't stop at the end of their shift. In fact, first responders are at greater risk for depression, post-traumatic stress, substance use disorders, and suicidal ideation in the line of duty.¹

Stigma surrounding behavioral health care is prevalent in the first responder community. New First Responders' Mental Fitness resources on myStrength provide tools and support specific to this population — empowering them to manage stress, address burnout, improve communication, and build resiliency over the long term.

Features Include:

- **17 interactive tools** focused on mindfulness, sleep, nutrition, exercise, stress management, social support, managing substance use disorders, and more
- **Video interviews with first responders** highlighting personal experience with behavioral health challenges and treatment
- **Self-care support** for emotional regulation, PTSD and trauma, suicidal ideation, dealing with COVID-19, racism-related stress, and more
- **Evidence-based clinical interventions** including Stress First Aid, CBT, mindfulness, DBT, and more



Sample Activities

From the main page, Members can search for “First Responder” content or find it on the Activities page within the Life Topics section.

Challenging Times, Critical Roles



First Responders in Uncertain Times



Stress First Aid for First Responders



Mental Fitness for Top Performance



Life With a First Responder



Uncomfortable on the Job

