First Responder Self-Care

According to a 2017 survey of first responders:

- 85% have experienced symptoms related to mental health issues
- 84% have experienced a traumatic event on the job
- 34% have received a mental health disorder diagnosis

Perform Well-being Assessments


Utilize Support Services

- Family and Social Services Administration: [https://www.in.gov/fssa/dmha/index.htm](https://www.in.gov/fssa/dmha/index.htm)
- Mental Health America Indiana: [https://www.mhai.net/](https://www.mhai.net/)
- Substance Abuse and Mental Health Services: [https://www.samhsa.gov/](https://www.samhsa.gov/)
- Ask your agency if other support services are provided

Try Something New

Don't be afraid to go outside of your comfort zone. Meditation, yoga and combat sports are great ways to expand your life circle. Breathing exercises can also be helpful.

Spend Time with Loved Ones

Do things that make you happy. Small things like taking a walk or playing a game can improve mental health. Make an effort to surround yourself with loved ones.