



## myStrength® for First Responders

Being a first responder is among the most rewarding but also the most challenging careers. Every day, first responders face uncertainty, traumatic experiences and demands of a job unlike any other. That can add up to serious physical, mental and emotional tolls.

Given these stressors, first responders are at increased risk of developing mental health issues, such as anxiety, depression and suicidal ideation, engaging in harmful behavior, such as substance abuse or self-harm, and having strained relationships, among many other challenges.

The myStrength online resources offered through your GuidanceResources® program are uniquely tailored to address these challenges. The resources are effective at helping first responders maintain their sense of well-being, as well as a healthy work-life balance. In turn, first responders can develop more energy, stability and productivity in both their careers and personal lives.

Online activities offered for first responders through the myStrength program include:

- **First Responders and Post-Traumatic Stress Disorder** – First responders regularly encounter traumatic events, which can provoke PTSD. This online module explains what PTSD is, signs and symptoms to be aware of, why PTSD may develop, and how to reach out for help.
- **Managing Mood as a First Responder** – This module helps first responders identify negative emotions, explore how these emotions may have developed and learn healthy ways to manage the emotions that stem from stressful experiences on the job.
- **Life with a First Responder** – Given the demands of the job, strained relationships are common for first responders. This module offers guidance on how to effectively balance the demands of work and relationships.
- **Parenting as a First Responder** – Parenting is never easy, but it's even more difficult for those with demanding and stressful careers. This module helps first responders who are parents understand how to carve time out of their schedules to have more quality time with their children.
- **Social Connections for First Responders** – Building friendships with colleagues and others is critical for well-being. Opening up to those with shared experiences and discussing life on and off the job are positive ways to feel understood and supported when processing stressful experiences. They're also among the best treatments for dealing with feelings of isolation and stress. This module lays out ways to navigate building and sustaining friendships on the job.

## Here when you need us.

Call: TTY: 800.697.0353

Online: [guidanceresources.com](https://guidanceresources.com)

App: GuidanceNow<sup>SM</sup> and myStrength®

Web/App ID: