

Resources

If you have any questions you can contact the Employee Support Services staff.

Please, visit the CAL FIRE intranet, as ESS staff will continue to publish unit sponsored training.

This document doesn't serve as any endorsement for services, just information to point you in the right direction.

BOOKS

Emotional Survival for Law Enforcement (Book) – Kevin M Gilmartin

Honor and Commitment (book) – <http://honorandcommitment.com/>

My Life for your Life – Clarke A. Paris

I Love A Cop

I Love A Firefighter

SELF HELP – PUBLIC SAFETY

360 Wellness – <http://www.360wellness.org/public-safety-services/>

Eagala - <http://eagala.org/>

First Responder Support Network - <http://www.frsn.org/>

Magellan - <https://www.magellanassist.com/default.aspx>

Crisis Text Line - <http://www.crisistextline.org/>

The Badge of Life - <http://www.badgeoflife.com/badge-life-police-stress-management-links/>

Public Safety Dispatch - <http://www.publicsafetydispatch.info/>

The Squad Room - <http://www.thesquadroom.net/contact/>

National Institute of Alcohol Abuse and Alcoholism - <https://www.niaaa.nih.gov/>

California Peace Officers Association - <https://cpoa.org/>

Officer.com - <http://www.esgr.mil/>

Police One - <https://www.policeone.com/>

Law Officer - <http://lawofficer.com/special-topics/suicide/police-officers-face-cumulative-ptsd/>

The healthy Dispatcher - <http://www.thehealthydispatcher.com/>

Firefighter Toolbox - <http://firefightertoolbox.com/dispatcher-stress/>

Resources

Public Safety Training and Consultants - <http://www.pstc911.com/surviving-dispatch-stress.html>

911 Cares - <http://www.911cares.com/home.html>

TED Conferences – APP on your phone (Kelly McGonigal) <https://www.ted.com/>

Firestrong – <https://www.firestrong.org/>

Safe Call Now – <https://www.safecallnow.org/>

California Peer Support Association – <http://www.californiapeersupport.org/>

CAL FIRE Intranet - <http://calfireweb>

Police One - <https://www.policeone.com/>

Privacy for Cops - <https://privacyforcops.org/>

Concerns of Police Survivors - <https://www.concernsofpolicesurvivors.org/>

SUICIDE

National Suicide Prevention Lifeline – www.suicidepreventionlifeline.org

ACT – www.stopasuicide.org

American Association of Suicidology (AAS) – www.suicidology.org

American Foundation for Suicide Prevention – www.afsp.org

SAMHSA Suicide Prevention – www.mentalhealth.samhsa.gov/

MILITARY

Mission 22 - <http://www.mission22.com/#memorial>

California Department of Veterans Affairs - <https://www.calvet.ca.gov/>

Employer Support of the Guard and Reserve - <http://www.esgr.mil/>

TRAINING & RESOURCES

KLOVE - <http://www.crisisresponse.org/Train/#2015> class listing

- KLOVE puts on a lot of free peer support training in various locations.

POST - <https://catalog.post.ca.gov>

- Peace Officer Standards in Training puts on various peer support courses related to peace officers and law enforcement related positions. Some classes are

Resources

available for non-peace officer to attend. You can go to the www.post.ca.gov website and navigate to course catalogue, type in PEER and a list of peer classes will come up. You can type in any search word for a listing of applicable courses. The price varies by each presenter.

ICISF - <https://www.icisf.org/event-calendar/>

- Click on the calendar day and you will see a list of what courses are offered. ESS has two instructors who teach Peer/CISM classes on a regular basis.

Crisis Plumblne (Naomi Pagnet) - <https://crisisplumblne.com/training-reg-formsflyers/>

- Amazing instructor. She teaches suicide prevention, intervention and post-vention courses along with CISM group and individual classes. Very dynamic speaker and lots of background. Highly recommend taking any course from her.

WCPR/FRSN - <http://www.frsn.org/education/trainings>

- West Coast Post Trauma Retreat and First Responder Support Network