



EMS Information Bulletin 2021-05

DATE: May 14, 2021

SUBJECT: First Responder Mental Health Toolkit

TO: PA EMS Providers
PA EMS Agencies
PA Regional EMS Councils

FROM: Dylan Ferguson, Director
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PA Department of Health
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A handwritten signature in black ink, appearing to read 'Dylan J. Ferguson', positioned above the typed name in the 'FROM:' field.

As part of the work that the Department has been conducting related to [Act 69 of 2020](#) the Bureau of EMS is pleased to announce the release of our new First Responder Mental Health Toolkit.

This digital toolkit serves as a repository for a variety of different resources all related to first responder mental health. Items include state and national first responder hotlines to call or text for assistance and training courses from state and federal partners on various topic related to first responder mental health for all first responder disciplines.

Additionally, there are other resources and programs pertaining to stigma reduction, stress management, and critical incident stress management.

The Department continues to work and develop new programs and initiatives and this toolkit will be updated as new programs and resources become available.

Interested individuals can access the toolkit by visiting:

<https://www.health.pa.gov/topics/EMS/Pages/Mental-Health.aspx>