

Mental Wellbeing in the COVID-19 Era Resources

To Help Reduce Organizational and Operational Stress:

Center for the Study of Traumatic Stress COVID-19 Resources -

<https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response>

CIPSRT Strategies for PSP Leadership -

<https://www.cipsrt-icrtsp.ca/covid-19/strategies-for-psp-leadership/>

College of Paramedics Mental Wellbeing Guide -

https://www.collegeofparamedics.co.uk/COP/News/Covid-19/Guidance_for_managers_psychosocial_support_and_mental_wellbeing_of_ambulance_personnel_in_a_pandemic.aspx

Keavney & Streager Database - <https://keavneystreager.com/covid-19/>

NAEMSP sample protocols - <https://naemsp.org/resources/covid-19-resources/>

Mental Health Education:

QPR - <https://qprinstitute.com/>

Psychological First Aid/Skills for Psychological Recovery - <https://www.nctsn.org/>

Individual Resources:

CIPSRT COVID-19 Readiness Resource Project - <https://www.cipsrt-icrtsp.ca/covid-19/>

CIPSRT Self-Assessment Tools - <https://ax1.cipsrt-icrtsp.ca/>

Project Parachute - <https://project-parachute.org/>

TrueReLoveution - <https://www.truereloveution.com/>

Wellness Apps:

Calm

Headspace

The Mindfulness App

Insight Timer

IntelliCare

PsyberGuide

PTSD Coach

ResponderRel8