



# 5142601 – FIRST RESPONDER STRESS TRAUMA & WELLNESS

ECTOC – Wednesday 2/25/26 6:30 PM

**Anthony LeBron & Melissa Harte**



THIS PRESENTATION EXPLORES THE TRUE-LIFE MENTAL HEALTH CHALLENGES FACED BY A FIRST RESPONDER, HIGHLIGHTING THE EMOTIONAL TOLL OF REPEATED EXPOSURE TO CRISIS AND THE PERSONAL JOURNEY TOWARD RESILIENCE. USING CASE EXAMPLES, WE EXAMINE HOW STRESS AND TRAUMA ACCUMULATE IN THE FIRST RESPONDER AND HOW THEY CAN IMPACT DAILY FUNCTIONING, RELATIONSHIPS, AND OVERALL WELLBEING. THIS INCLUDES AN OVERVIEW OF CURRENT STATISTICS ON SUICIDE RATES WITHIN THE FIRST RESPONDER COMMUNITY, UNDERSCORING THE URGENCY OF ADDRESSING MENTAL HEALTH OPENLY AND PROACTIVELY. WE WILL DISCUSS THE CRITICAL ROLE OF COMMUNICATION, BOTH WITHIN THE WORKPLACE AND AT HOME, IN RECOGNIZING WARNING SIGNS AND SUPPORTING THOSE WHO ARE STRUGGLING. FAMILY ISSUES COMMONLY EXPERIENCED BY FIRST RESPONDERS JOB-RELATED TRAUMA, EXTENDS BEYOND THE INDIVIDUAL. WE WILL ALSO EXAMINE COPING MECHANISMS. ATTENDEES WILL BE INTRODUCED TO THE RANGE OF SERVICES OFFERED BY WNYLEH, INCLUDING PEER SUPPORT, EDUCATION, CRISIS ASSISTANCE, AND WELLNESS RESOURCES TAILORED TO FIRST RESPONDERS. FINALLY, WE OUTLINE THE STEPS AND QUALIFICATIONS REQUIRED TO BECOME A PEER WITHIN THE WNYLEH NETWORK, EMPOWERING PARTICIPANTS TO CONTRIBUTE TO A CULTURE OF SUPPORT, EMPATHY, AND RESILIENCE WITHIN THE FIRST RESPONDER COMMUNITY.

