



Self Care & Well-Being Resources for First- Responders

[CAMH: Beware of Compassion Fatigue](#)

[CAMH: 6 Ways to Practice Self-Care](#)

[CAMH: Who Responds to First-Responders?](#)

[CAMH: PTSD in the First-Responder World](#)

[CDC: Emergency Responders - Tips for
Taking care of Yourself](#)

[Surviving the Job: Emotional Well-Being](#)

[Seven Self-Care Tips for First-Responders](#)