

Project ECHO® (Extension for Community Healthcare Outcomes)
NM First Responder ECHO Resources & Additional Support

Resources & Additional Support Mentioned in Session

- [AGORA at UNM](#)
- [The Effects of Trauma On First Responders](#) – *Substance Abuse and Mental Health Services Administration*
- [Emergency Responders: Tips For Taking Care Of Yourself](#) – *Centers for Disease Control and Prevention*
- [How One Paramedic Is Recovering From PTSD](#) – *Journal of EMS Studies*
- [New Mexico Crisis and Access Line & Peer to Peer Warmline](#)
- [Psychological Trauma: The Silent Stalker](#) – *Journal of EMS Studies*

COVID-19 Resources & Additional Support Mentioned in Session

- ABQ EOC [505-244-8604](tel:505-244-8604) (N95 remaining stock being distributed ONLY for Healthcare agencies)
- [Stretching your supply of N95 respirators](#) (Video) – *Albuquerque Fire & Rescue, NM*
- [Stretching your service's supply of N95 respirators](#) (article) – *CDC has posted NIOSH guidelines for extended use and limited reuse of N95 masks*