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 (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