

# CRITICAL INCIDENT STRESS MANAGEMENT

## EMPLOYEE SUPPORT RESOURCES



[Share the Facts](#) about COVID-19

### Videos

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- **Responder Support Services Video Series –Stress and Resiliency**
  - Video #1: <https://www.youtube.com/watch?v=TDKOemecJbY&t=3s>
  - Video #2: <https://www.youtube.com/watch?v=9MAobvXgfFo&t=86s>
  - Video #3: <https://www.youtube.com/watch?v=Cchf1uj8KYk>

### COVID-19 Resources

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- **CDC Corona Virus Disease 2019** - <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- **Substance Abuse and Mental Health Services Administration’s (SAMHSA’s) Disaster Distress Helpline** 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)
- **EAP Corona Virus Anxiety and Prevention Flyer** - [https://www.fs.usda.gov/Internet/FSE\\_DOCUMENTS/fseprd715991.pdf](https://www.fs.usda.gov/Internet/FSE_DOCUMENTS/fseprd715991.pdf)
- **National Alliance for Mental Illness (NAMI) COVID-19 Information and Resources** - [https://www.fs.usda.gov/Internet/FSE\\_DOCUMENTS/fseprd715991.pdf](https://www.fs.usda.gov/Internet/FSE_DOCUMENTS/fseprd715991.pdf)
- **Managing Fear and Anxiety and Prevention Flyer** - [https://www.fs.usda.gov/Internet/FSE\\_DOCUMENTS/fseprd715996.pdf](https://www.fs.usda.gov/Internet/FSE_DOCUMENTS/fseprd715996.pdf)
- **Public Safety Resilience During a Pandemic** - [https://www.fs.usda.gov/Internet/FSE\\_DOCUMENTS/fseprd715997.pdf](https://www.fs.usda.gov/Internet/FSE_DOCUMENTS/fseprd715997.pdf)
- **International Critical Incident Stress Foundation** – [www.icisf.org](http://www.icisf.org)

### Employee Support and Well-Being

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- **Crisis Text Line** - <https://www.crisistextline.org/> Text HOME to 741741 for free, human support via text message. A discreet outlet for support without the danger of being overheard. Facebook messenger works for this resource
- **National Suicide Prevention Lifeline** – 1-800-273-TALK (8255), <https://suicidepreventionlifeline.org>
- **Centers for Disease Control and Prevention (CDC) Suicide Prevention** – <https://www.cdc.gov/violenceprevention/suicide/index.html>

- **Stress First-Aid** - A self-care and peer support model that comprises a set of supportive actions designed to help individuals assist each other in reducing the negative impacts of stress - [https://www.frames.gov/sites/default/files/frames-documents/nafri/SFA.1 Stress First Aid Overview NCPTSD.pdf](https://www.frames.gov/sites/default/files/frames-documents/nafri/SFA.1%20Stress%20First%20Aid%20Overview%20NCPTSD.pdf)
- **National Institute for Mental Health** – [www.nimh.nih.gov](http://www.nimh.nih.gov)
- **AARP Grief Programs** – State by State, support groups for widows and widowers - <http://www.aarp.org/family/lifeafterloss/>
- **Web Healing** – Grief website with message board providing opportunities to give and receive help with other grieving men and women – [www.webhealing.com](http://www.webhealing.com)
- **National Organization of Victim Awareness** – [www.trynova.org](http://www.trynova.org)
- **Journey of Hearts** – [www.journeyofhearts.org](http://www.journeyofhearts.org)
- **Practice Guide for “Living with Worry and Anxiety Amidst Global Uncertainty”** - [https://www.psychologytools.com/assets/covid-19/guide to living with worry and anxiety amidst global uncertainty en-us.pdf](https://www.psychologytools.com/assets/covid-19/guide%20to%20living%20with%20worry%20and%20anxiety%20amidst%20global%20uncertainty%20en-us.pdf)
- **Wildland Fire Fighter Foundation** – [www.wfffoundation.org](http://www.wfffoundation.org)
- **National Fallen Firefighter’s Foundation** – <https://1e2uy7491mu8ojpesizvtz4m-wpengine.netdna-ssl.com/wp-content/uploads/2020/03/family-resources-for-anxiety-management.pdf>
- **Concerns for Police Survivors** – [www.nationalcops.org](http://www.nationalcops.org)
- **Department of Veteran Affairs** – Resources and information surrounding Post-Traumatic Stress Syndrome - <https://www.ptsd.va.gov/>
- **Supervisor’s Guide to Suicide Intervention and Prevention** - <https://usfs.box.com/s/83ks7fj08o37lkq7sr7wzlnwelze8r6a>

## Family and Community

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- **Helping Children Learn to Cope** – <https://www.cdc.gov/childrenindisasters/helping-children-cope.html>
- **United Way 211 Service** – <http://211.org> . Connects employees to needed resources in their community.

## Employee Assistance Program

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For agencies in the Department of the Interior, our Employee Assistance Program is managed by Espyr.

Espyr’s website is: <http://www.espyr.com/>

The password for access to resources is: **interioreap** (not case sensitive)

For additional support or information, contact Bodie Ronk, BLM FA CISM Program Manager. [bronk@blm.gov](mailto:bronk@blm.gov)

# Department of the Interior (DOI) Employee Assistance Program



Department of the Interior has partnered with ESPYR to provide employees and their eligible family members with a comprehensive Employee Assistance Program (EAP) that is free and confidential. The EAP is available 24/7/365 and provides the following services.

## **Work-Life Services**

- **Legal** consultation provided by attorneys. Simple Wills prepared at no cost. 24-hour emergency services, consultation with a mediator, consultation with a fraud/ID theft specialist are also included. A 25% discount off the mediator or attorney fees for services rendered beyond the EAP.
- **Financial** consultation regarding debt matters, investment options, money management, tax preparation and consultation and retirement planning. Financial personnel services are discounted at 25% as are CPA tax preparation fees.
- **Child care** information and referrals for all types of child care, as well as camps and schools
- **Elder care** services to assess elder care needs, locate resources and arrange referrals
- **Adoption** specialists share information, organize and arrange referrals for all stages of this process.
- **Academic** resources including customized profiles of kindergarten through graduate school. College planning guidebooks are available. Referrals to tutors are available.
- **Pet care** services that offer referrals to breeders, groomers, walkers, sitters, kennels, vets, and pet publications.
- **Special needs** services and referral to assess employee needs, educate, and make referrals for various special needs affecting employees and their families such as heart disease, ADHD, disabilities, diabetes and more.
- **Daily Living and Concierge** resources that provides referrals such as for home improvement resources, cleaning services, travel information and more.
- **Relocation** services and referral information provided to employees who are moving. Referrals include moving companies, housing options, utility companies, schools and more.

## **Counseling Support**

- Employees and their dependents have access to speak with a counselor 24/7/365 for Immediate Support via a dedicated toll-free number.
- Up to **6** face to face counseling sessions, per issue, are available. Common issues addressed with the EAP include stress, marital/family problems, job related concerns, life transitions, work-life challenges, and emotional issues.

## **On-Line Resources**

- The website offers educational screenings, assessments, videos, quizzes, courses, articles, financial calculators, child and eldercare service locator. Employees and their dependents also have the option to confidentially request EAP services via the website.
- Monthly Webinars on various personal and professional development topics
- Access to ESPYR's mobile app that can be downloaded for free on the Apple Store or Google Play.

**ESPYR is here to help!**

For more information, contact us 24/7/365

Phone: (800) 869-0276 | Online: visit [www.espyr.com](http://www.espyr.com) and log in using your password: **interioreap**

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