

# Vermonters Are With You

## Resources for Responders



**Vermont's First Responders are a critical link** in the state's healthcare and public safety network. When we call 9-1-1, we know that fire, ambulance or police will be with us as soon as distance and driving conditions will allow.

Given the nature of the work, even normal, on-going response can be highly stressful and emotionally traumatic. First Responders, which includes dispatchers, are exposed to challenging conditions, ranging from hearing frightening and violent interactions to witnessing serious injury, pain and loss including death. It is well-known that the anxiety and grief that others experience can affect everyone around them; in addition, we feel our own sadness, grief and anxiety when exposed to upsetting or traumatic experiences.

During a disaster response, all of these factors may be intensified. Not only are there simply more individuals in need of critical help, the need goes on for longer.

The Coronavirus is on-track to require increased First Responder involvement over months, making self-care that much more important. In addition to the steps below, visit the [Vermont Department of Mental Health's](#) website for more resources.

### Know the Signs of Burnout

<ul style="list-style-type: none"><li>• Sadness, depression, or apathy</li></ul>	<ul style="list-style-type: none"><li>• Isolation or disconnection from others</li></ul>
<ul style="list-style-type: none"><li>• Easily frustrated</li></ul>	<ul style="list-style-type: none"><li>• Poor self-care (hygiene)</li></ul>
<ul style="list-style-type: none"><li>• Blaming others, irritability</li></ul>	<ul style="list-style-type: none"><li>• Tired, exhausted or overwhelmed</li></ul>
<ul style="list-style-type: none"><li>• Lacking feelings, indifferent</li></ul>	<ul style="list-style-type: none"><li>• Feeling like<ul style="list-style-type: none"><li>◆ A failure</li><li>◆ Nothing you can do will help</li><li>◆ You are not doing your job well</li><li>◆ You need alcohol/other drugs to cope</li></ul></li></ul>

It is normal to have these kinds of feelings in response to highly stressful circumstances. Talking about how you feel is important and helpful. You are not alone. Talk to a friend and seek professional help – see the numbers below.

### Vermonters Are With You.

**You  
Are  
Not  
Alone**

Available 24/7 – If you need help, text VT to 741741

The National Suicide Prevention Lifeline  
is available 24/7 at 800-273-8255

Dial 2-1-1 to find mental health services in your area

Vermont Peer Support Line – open 24 / 7  
Call or text 833-888-2557



Click [here](#) or Google Vermont Department of Mental Health, for more information.