

First Responder Self-care

June 2022

Recovery Centers of America

Recovery Centers of America (RCA) has created a confidential addiction recovery program for first responders and military members, named Recovering Emergency Service Community United (RESCU). The RESCU program has been implemented in multiple locations, including Indianapolis. Visit the RCA website for more information:

[Recoverycentersofamerica.com/substance-abuse-treatment/first-responders](https://recoverycentersofamerica.com/substance-abuse-treatment/first-responders)

Spend Time with Loved Ones

Do things that make you happy. Small things like taking a walk or playing a game can improve mental health. Make an effort to surround yourself with loved ones.

Utilize Support Services

Family and Social Services
Administration

[IN.gov/FSSA](https://www.in.gov/FSSA)

Mental Health America

[MHAI.net](https://www.mhai.net)

Substance Abuse and
Mental Health Services

[SAMSHA.gov](https://www.samhsa.gov)

Ask your agency what
additional support services
are available.

Perform a Well-being Test

Have you experienced feelings of irritability? Exhaustion? Sadness?

The self-assessments available via the University of Minnesota's "Taking Care of your Health & Wellbeing" may help you evaluate your current state.

Take yours today at:

[Takingcharge.csh.umn.edu](https://takingcharge.csh.umn.edu)

Try Something New

Don't be afraid to go outside of your comfort zone.

Meditation, yoga and combat sports are great ways to expand your life circle. Breathing exercises can also be helpful.

Establish a Life Beyond the Job

Having friends and people you can associate with outside of your workplace is crucial to expanding your life experiences.



Please contact IndianaTrauma@isdh.in.gov
for more information.

