



# Resources For Your Brain

## EMS Work is Hard

EMS practitioners face challenging and traumatic events that can impact their mental well-being each and every day. The mounting effect of patient needs, family, long workdays, nutrition, physical health, and sleep deprivation all contribute to an individual's sense of wellness.

### Resources From Around The Web



## Help is Here

To assist EMS practitioners in recognizing, managing and seeking assistance for mental health issues, we have assembled the following resources. Use these resources to become more familiar with mental health issues and the needs of others, such as your patients and co-workers.

### TCAD's Employee Assistance Program (EAP) Brochure



### TCAD's Position Statement on Mental Wellness

