First Responders Virtual Support Group

Who is the group for?

The group is for all front line workers. This includes the following but is not limited to these professionals:

* All medical staff assisting in COVID 19 patients
* Police officers
* Firefighters
* Health care administrative staff at Hospitals and Facilities
* Emergency Medical Technicians

Who will be leading the group?

A licensed Psychotherapist will lead this group.

What is the group about?

The first responders group is a place where individuals can express their fears and concerns in a safe supportive virtual space. Hearing other group members share their concerns may provide ideas and support to help manage the stress.

Is the group confidential?

Yes. Invites are sent to participants who request through our website to attend the group. The invite list is not public. Members of the group may identify themselves by their first name only should they choose.

How do I get an invite?

Please go to our visitor feedback form at the bottom of this website and request to attend. You will need to include the setting of your frontline work with COVID patients in order to ensure all members have this experience treating COVID patients. Once you send a visitor feedback form we will send you a GOOGLE MEET invite which you will use to attend at scheduled group time.

Why should I think about attending?

We know that the stress associated with treating COVID patients is significant. The isolation that follows this work as family and friends may have limited contact with you also presents unique challenges. The demands of treating COVID patients and increased mortality also can create trauma for individuals. Many Professionals find themselves working very long hours with little time to take care of themselves. Being in a group with other people who understand your struggles is a way to take care of yourself and prevent burnout.