



First Responders' Mental Health Needs

Panel Speakers:

Anna Heil, American Warrior Association

Rick Randall, The Randall Group 911

Rev. Heather Gates, Galveston Police Department

Moderated by Cinthya Fillips, Texas A&M Transportation Institute



Panel Introduction



How Did You Get
Involved?



High-Impact Stressors and Their Effects on Mental Health

Providing Support: A look Into Typical Interactions



Spiritual and Emotional Tools for Coping



Recognizing When Additional Mental Health Support is Needed



Impactful Support: Real-Life Success Stories

Final Thoughts



Thank you!

Cinthya Fillips

C-fillips@tti.tamu.edu
