Recommended PTSD Resources for Journalists

**Educational/Information Resources**

* Journalists and PTSD, VA Healthcare: National Center for PTSD
  + <https://www.ptsd.va.gov/public/community/journalists-ptsd.asp>
* Covering Trauma: Impact on Journalists, DART Center for Journalism and Trauma
  + <https://dartcenter.org/content/covering-trauma-impact-on-journalists>
* Understanding PTSD and PTSD Treatment, VA Healthcare: National Center for PTSD
  + <http://www.ptsd.va.gov/public/understanding_ptsd/booklet.pdf>
* Recovering Emotionally, American Red Cross
  + <http://www.redcross.org/get-help/disaster-relief-and-recovery-services/recovering-emotionally#Emotional-Responses>

**Disaster Response Trainings**

* Disaster Training, American Red Cross
  + <http://www.redcross.org/take-a-class/disaster-training>
* Psychological First Aid, VA Healthcare: National Center for PTSD
  + <https://www.ptsd.va.gov/professional/materials/manuals/psych-first-aid.asp>

**Crisis Intervention**

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| National Suicide Prevention Lifeline | 1-800-273-8255 |
| Utah CrisisLine | 801-587-3000 |
| Utah WarmLine | 801-587-1055 |

**How to find a local therapist?**

* Psychology Today
  + <https://therapists.psychologytoday.com>
* Utah Psychological Association
  + <https://utpsych.wildapricot.org/page-18095>
* Contact your insurance company
* Employee Wellness Resources
  + <https://www.ucebt.com/therapy-services/therapy/employee-assistance-and-wellness-program>