

Free

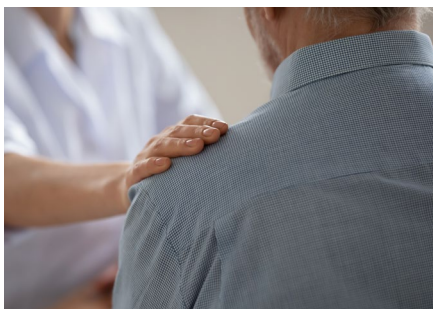
health and wellbeing resources from our **Resource Library**

Fortem's resources support first responders and their families.

Browse these free downloadable resources to learn more about looking after your health and wellbeing. New resources are added regularly, and you can come back to them any time. You can also share them with a first responder family you know.



Exercise is medicine



**How to support
someone with PTSD**



**Mental fitness and
social connection**



**Identity and career
transition**



Validate your mate

**Scan the QR code
to access and
download**



Free health and wellbeing resources



Understanding PTSD



Movement for resilience



Stress and burnout



Keeping yourself safe from suicide



Dealing with uncertainty



Body weight exercise programs



Practise gratitude



Building healthy sleep habits



Helping children through trauma



Family rituals



Eat well when you work night shifts

Scan the QR code to access and download

