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- ☐ Families (6)
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Published by **CIPHER** on August 30, 2024 for **First Responders, PSP**

Suicide Awareness

In support of Suicide Awareness Month (September), and World Suicide Prevention Day (September 10) this resource provides information to destigmatize and raise awareness about suicide and its unique impacts on public safety personnel (PSP).

Tags: **Prevention, Suicide Awareness**

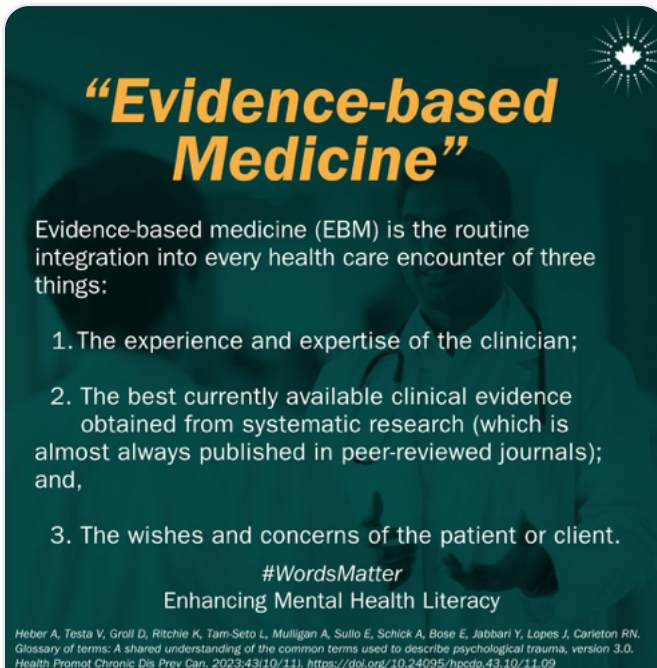
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Published by **CIPHER** on July 30, 2024 for **HCW, PSP**

Words Matter – Gender-based violence

Gender-based violence refers to any type of harmful behaviour against a person or group of people because of their sex, gender, sexual orientation, or gender identity. Learn more about it here.

Tags: **Words Matter**

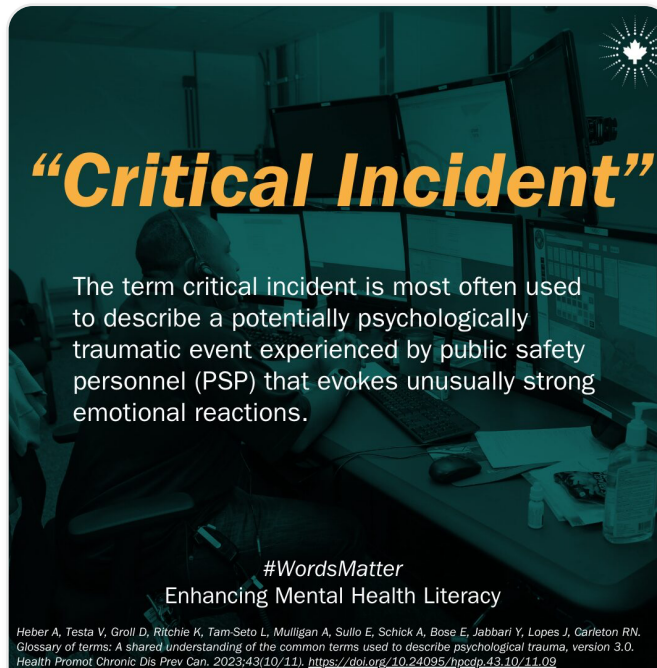
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Published by **CIPHER** on August 27, 2024 for **HCW, PSP**

Words Matter – Evidence-based medicine

Evidence-Based medicine (EBM) is the thoughtful integration of the best research evidence with clinical expertise and patient values, aiming to provide high-quality and personalized healthcare. EBM has many benefits including consistent and informed care, as well as improved patient outcomes. As a patient, your participation and preferences are valued and carefully considered.

Tags: **Words Matter**

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Published by **CIPHER** on August 13, 2024 for **HCW, PSP**

Words Matter – Critical Incident

A critical incident isn't listed as a diagnosis in the DSM-5-TR or ICD-11, but it's an important term for public safety personnel (PSP). It describes a potentially psychologically traumatic event (PTE) that can trigger intense emotional reactions, possibly affecting one's ability to function during or after the event. Many PSP organizations have implemented critical incident support management (CISM) programs, an evidence-based peer support approach to managing and navigating PTEs among PSP work.

Tags: **Words Matter**

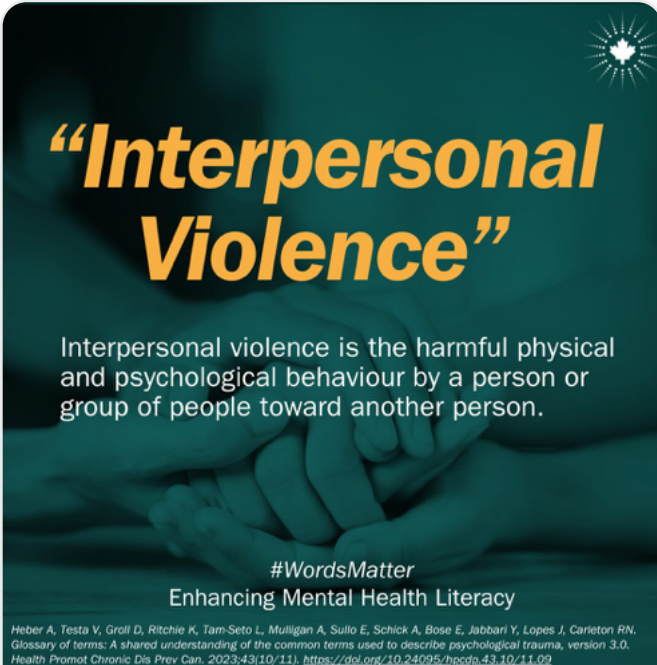
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Published by **CIPHER** on July 10, 2024 for **General Population, HCW, PSP**

Misinformation 101

Navigating the maze of misinformation can be challenging, as false information often blurs the line between fact and fiction. Misinformation, which spreads through various mediums like social media, can mislead people into believing or sharing untrue claims, even when they are well informed. By understanding the different types of misinformation and utilizing strategies like the SIFT Method, we can equip ourselves to identify and limit the spread of false information, contributing to a more informed and connected world.

Tags: **Knowledge, Misinformation**

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Published by **CIPHER** on July 2, 2024 for **Healthcare Professionals, Public Safety Personnel**

Words Matter – Interpersonal Violence

Interpersonal violence is harmful physical or psychological behavior from one person or group towards another. It can be a traumatic event, affecting the mental health of both the victim and the perpetrator. Examples include intimate partner violence, elder abuse, and workplace violence.

Tags: **Words Matter**

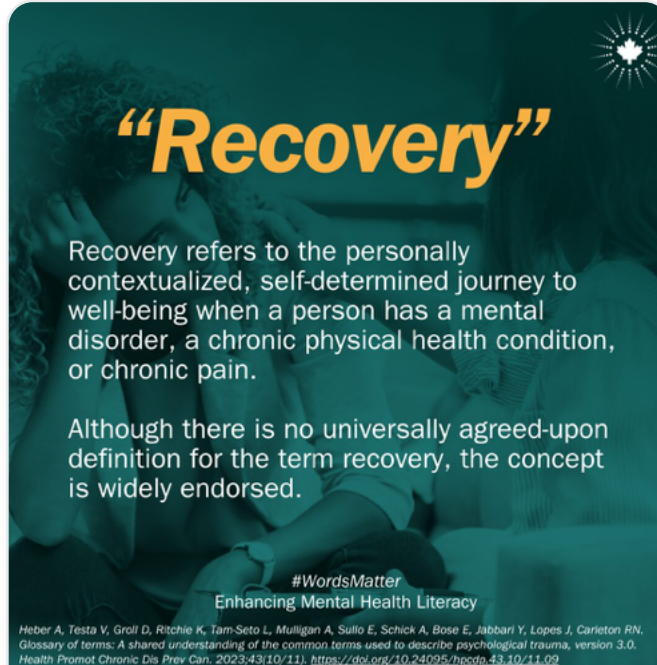
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Published by **CIPHER** on June 18, 2024 for **Healthcare Professionals, Public Safety Personnel**

Words Matter – Social Support

Social support refers to how supported you feel by others, including work colleagues, family, and friends. People choose who will "be there for them" from their social networks, enhancing their health and well-being. This support fosters acceptance, connectedness, positive relationships, and a sense of "mattering."

Tags: **Words Matter**

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Published by **CIPHER** on June 4, 2024 for **Healthcare Workers, Public Safety Personnel**

Words Matter – Recovery

Recovery is a personal journey to well-being, especially for those with mental disorders, chronic health conditions, or chronic pain. Recovery is widely embraced as an ongoing process of self-determined positive change toward a meaningful life with hope and optimism wherein one is engaged in valued daily activities, while managing or reducing symptoms.

Tags: **Words Matter**

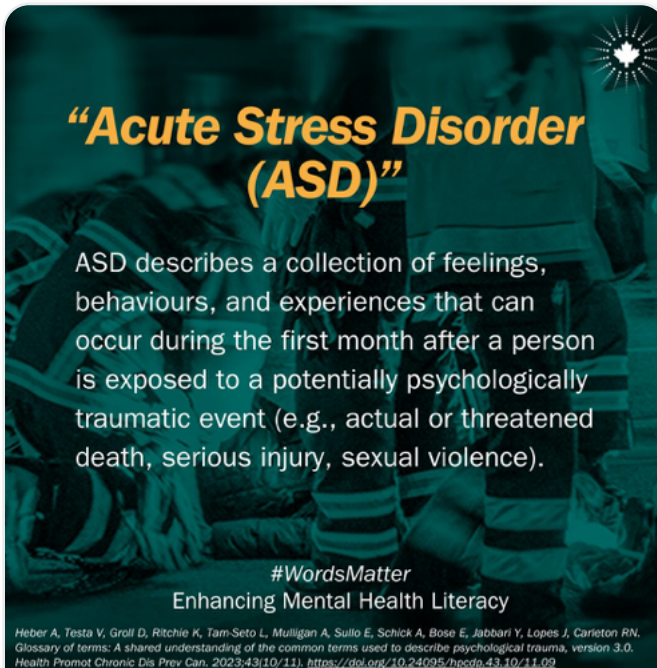
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on May 21, 2024 for **Public Safety Personnel**

Words Matter – First Responder

CIPHER created the Words Matter campaign to share and promote a collective understanding of many well-known and used mental health terms that describe various occupationally related challenges many public safety personnel (PSP), healthcare workers (HCWs), veterans, and their families face every day. Learn more about the definitions of "First Responder" and "Public Safety Personnel" by reading our brief guide.

Tags: **Words Matter**

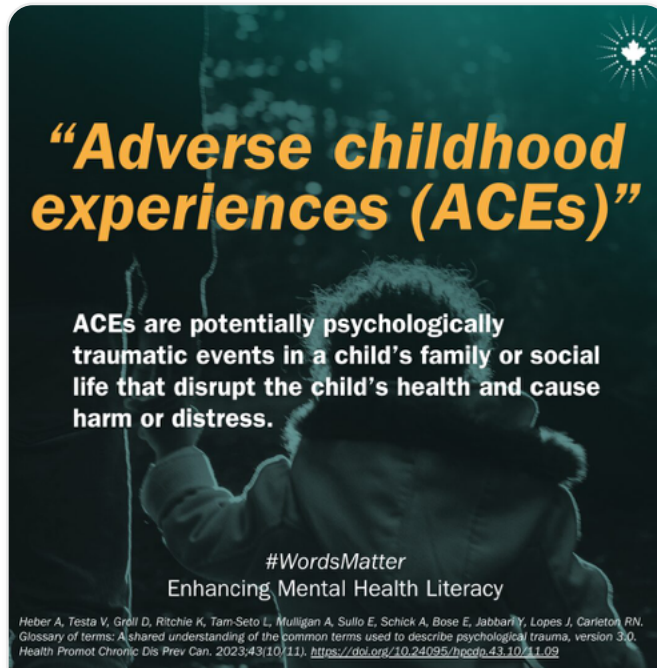
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Published by **CIPHER** on May 7, 2024

Words Matter – Acute Stress Disorder (ASD)

CIPHER created the Words Matter campaign to share and promote a collective understanding of many well-known and used mental health terms that describe various occupationally related challenges many public safety personnel (PSP), healthcare workers (HCWs), veterans, and their families face every day. Deepen your knowledge of Acute Stress Disorder (ASD) through exploration of our informative infographic.

Tags: **Words Matter**

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Published by **CIPHER** on April 23, 2024 for **Healthcare Workers, Public Safety Personnel**

Words Matter – Adverse Childhood Experiences

CIPHER created the Words Matter campaign to share and promote a collective understanding of many well-known and used mental health terms that describe various occupationally related challenges many public safety personnel (PSP), healthcare workers (HCWs), veterans, and their families face every day. This infographic focuses on Adverse Childhood Experiences (ACEs) which are stressful or traumatic events occurring during childhood, which can have long-term negative effects on health and well-being.

Tags: **Words Matter**

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