The InfoGram

What you can do to prevent suicide in your department

Law enforcement and the fire service share a strong bond within their ranks. It can be stronger than family. This strength in community should benefit departments as they address the suicide problem, not hinder them. Instead, stigma, shame and fear of being seen as weak keep personnel from talking about it or getting help.

As an EMS World article says, "in a profession fond of boasting that no brother gets left behind, we don't do a good job of supporting our brethren in their times of emotional and psychological vulnerability." Finding someone to talk to is often the sticking point, whether it is a colleague or a mental health professional.

The best way to provide an effective outlet is to have a critical incident stress management program in place and mental health professionals linked to it. This is especially difficult for volunteer departments due to budgetary constraints. Proactive leadership will consider all options, such as approaching state or local mental health offices to investigate developing a low- or no-cost program.

Departments should consider mandatory in-house workshops or training. Many of the organizations listed in the May 17, 2018 InfoGram (PDF, 150 KB) offer this service. Some have a fee; if the fee is prohibitive, see if some community organizations or mental health agencies will help sponsor it.

This is also a time for individuals to re-evaluate their responsibility to their team. Pulling a colleague out of the line of fire or out of a burning building comes naturally. It's expected that you will to this – and someone will do this for you – in order to save life. Remember that those who are struggling with what they see on the job also deserve to be pulled to safety.

Review the common warning signs of depression in first responders. If you or someone you know needs help, the national suicide prevention hotline is 1-800-273-8255. There are several hotlines specific to first responders; these can be found at CodeGreenCampaign.org. International numbers are listed there as well. See the websites of the National Alliance on Mental Illness and Mental Health America for more information and support.

(Sources: Various)

Combating ransomware: awareness briefings scheduled for June

Baltimore's 9-1-1 computer-aided dispatch system was breached during a ransomware attack in March after a firewall was inadvertently changed during some maintenance. Another recent ransomware attack in Atlanta left city systems down for days.

Hackers see fire, police, hospitals, schools and other such departments or institutions as targets because the data is crucial to operations. Victims of ransomware attacks in the United States paid $24 million in 2015 alone; estimates for 2016 and 2017 are in the billions.

We encourage all public sector agencies to take this threat seriously and address

U.S. Fire Administration

it before an attack locks your critical data and systems.

The Department of Homeland Security is hosting a series of awareness briefings to help organizations understand and combat ransomware.

Panelists from the DHS National Cybersecurity and Communications Integration Center (NCCIC) and the Multi-State Information Sharing and Analysis Center (MS-ISAC) will discuss recent malware variants, emerging trends, incident response tips and best practices to help protect organizations from being compromised.

[Webinars will be held from 1–2:30 p.m. Eastern on the following dates](#). The webinar content will be the same for each briefing; attendees should choose the date and time that is best for them. Dial-in information will be provided on the webinar page.

- Monday, June 4, 2018

- Tuesday, June 5, 2018

- Monday, June 11, 2018

These are the first in a series of NCCIC awareness briefings. Stay tuned in the coming weeks for information about future briefings on related cybersecurity topics.

(Source: [NCCIC](#))

Emergency Services Sector Continuity Planning Suite

Continuity planning ensures essential functions can continue through an emergency. It enables first responders to perform their jobs and fulfill their mission to save lives, protect property and the environment, assist communities impacted by disasters and aid recovery from emergencies.

Please join the Emergency Services – Sector Specific Agency (ES – SSA) on Thursday, June 7 at 11 a.m. Eastern for the rollout of their newest, no-cost continuity tool "[Emergency Services Sector Continuity Planning Suite](#)." Those interested in attending must register.

The [Emergency Services Sector – Continuity Planning Suite](#) (ESS – CPS) provides a centralized collection of existing guidance, processes, products, tools and best practices to support the development and maturation of continuity planning for the first responder community.

This webinar will provide a live look at the ESS-CPS capabilities. Attendees will be able to look at all the videos and documents within the suite and develop an understanding of how to use the ESS – CPS for their respective disciplines.

(Source: [DHS](#))

DHS and the FBI encourage recipients of this document to report information concerning suspicious or criminal activity to the local [FBI office](#) and also the [State or Major Urban Area Fusion Center](#).

For information specifically affecting the private sector critical infrastructure contact the **National Infrastructure Coordinating Center** by phone at **202-282-9201,** or by email at **nicc@dhs.gov.**