



# NEWSLETTER # 2 - FEBRUARY 2025

## Welcome to the second Resilient Responders Project newsletter!

In this newsletter, we share key findings from our efforts to strengthen the psychological resilience of disaster response personnel.

### Project's Updates:

Over the past months, the Resilient Responders Project has made significant strides in understanding the challenges faced by disaster response professionals. Through an extensive needs analysis, we have conducted focus groups, interviews, and surveys across five European countries—Portugal, Spain, Italy, Greece, and Türkiye—to identify key gaps in psychological resilience training.

[Learn More !\[\]\(d3102649f02e825ddb76dc3de0190154\_img.jpg\)](#)



### Key Findings:

Our research revealed that responders frequently experience:

- Emotional strain and burnout, with limited structured support.
- High-stress environments, requiring better coping strategies.
- Cultural stigma around mental health, discouraging help-seeking behaviors.
- Gaps in existing training, which primarily focus on technical skills rather than psychological resilience.

Stay tuned





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## The Training Program: Strengthening Resilience

Our tailored training program will include six core modules to equip responders with practical tools for stress management, resilience, and mental well-being.

- Module 1: Psychological Resilience
- Module 2: Stress Management
- Module 3: Psychological First Aid
- Module 4: Crisis Communication
- Module 5: Leadership in Emergencies
- Module 6: Post-Disaster Mental Health



### Learn More



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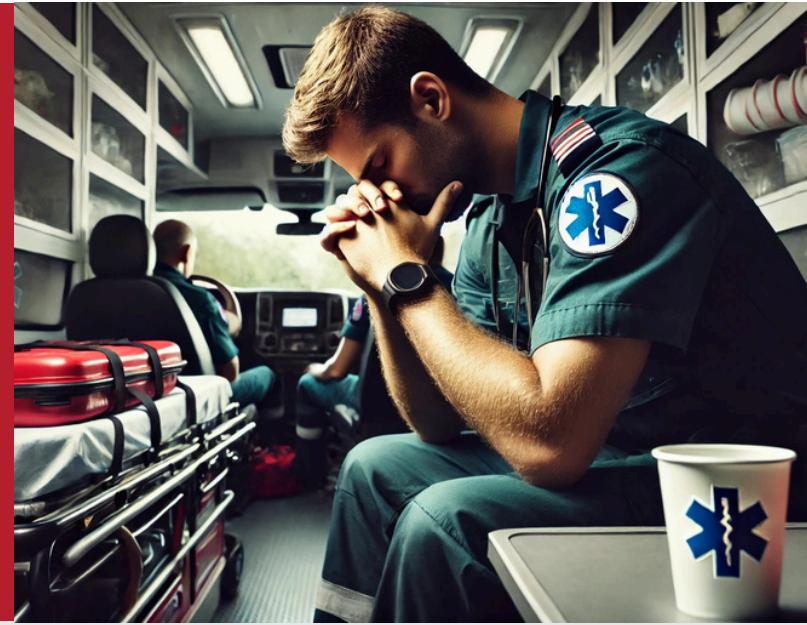


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## What's Next?

With the training framework in place, all project partners will now begin developing the training content for each module. This phase will focus on creating engaging, practical, and accessible materials to ensure that responders receive the best possible support.

**Stay tuned for updates as we bring the Resilient Responders Training Program to life!**



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## Our Partners



Kahramanmaraş Sütçü İmam  
University, Türkiye



Asociación AHORA ONG,  
Spain



Trend Education NGO,  
Kahramanmaraş, Türkiye



European Grants International  
Academy SRL, Italy



Institute of Entrepreneurship  
and Development, Greece



Animam viventem Association,  
Portugal

### RESILIENT RESPONDERS

PSYCHOLOGICAL RESILIENCE AND SUPPORT FOR PERSONNEL IN CHARGE AFTER  
NATURAL DISASTERS

ERASMUS+ COOPERATION PARTNERSHIPS IN ADULT EDUCATION  
PROJECT NUMBER: 2023-2-TR01-KA220-ADU-000180454

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