



RESILIENT RESPONDERS

Psychological Resilience and Support for Personnel in Charge after Natural Disasters

About the project

The project addresses the increasing need for psychological resilience among personnel engaged in disaster management. These individuals face high-stress environments and traumatic situations, making mental health support crucial.

Target Participants

The project targets disaster response personnel, including first responders, healthcare workers, and emergency service members, ensuring they are better equipped to manage stress and trauma.

Learn More ↘



Activities:

The project will involve the creation of resilience training programs, the development of a specialized curriculum covering stress management and trauma resilience, and the implementation of these programs through workshops and digital platforms.

Objectives:

- Develop tailored psychological resilience training programs for disaster response personnel.
- Deliver customized training to enhance emotional well-being and readiness.
- Disseminate best practices and psychological support resources for a broader audience.
- Create a digital platform to facilitate online access to training materials and events.

Results:

- **Comprehensive Training Programs:** Development of psychological resilience training programs and modules.
- **Specialized Curriculum:** Creation of a curriculum covering stress management, trauma resilience, and emotional wellbeing.
- **Effective Training Implementation:** Successful delivery of psychological resilience training programs.
- **Enhanced Psychological Well-being:** Equipping personnel with improved coping skills, emotional well-being, and readiness to manage psychological challenges.

Meet 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**

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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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NEWSLETTER # 1 - NOVEMBER 2024

Welcome to the first Resilient Responders Project newsletter!

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

Project Overview:

The Resilient Responders Project develops tailored resilience training for disaster response personnel, enhancing stress management skills, promoting knowledge sharing, and providing accessible training, especially in under-resourced areas. It aims to prevent secondary trauma, build long-term resilience, and offer a digital platform with resources and best practices.

Learn More ↗



Target Groups:

- Personnel Involved in Disaster Management and Response
- Trainers and Facilitators
- Disaster Response Organizations
- Stakeholders and Policymakers



Stay tuned





NEWSLETTER # 1 - NOVEMBER 2024

Key Activities in Progress:

- **Kick-Off Meeting:** The project partners gathered to set objectives, plan activities, and define roles.
- Our team is currently developing the psychological resilience training curriculum, integrating best practices and expert input from professionals in the field.
- We are conducting interviews with disaster response personnel to ensure our training modules are practical, relevant, and effective.

Learn More



Expected Outcomes

- Development of psychological resilience training programs tailored to the needs of disaster response personnel.
- Creation of a specialized curriculum focusing on stress management, trauma resilience, and emotional well-being.
- Successful delivery of customized resilience training to ensure practical implementation.
- Enhanced coping skills, emotional well-being, and preparedness in managing psychological challenges for disaster response teams.

Stay Tuned





NEWSLETTER # 1 - NOVEMBER 2024

Upcoming Events :

- **Interviews:** We will continue our series of interviews with professionals to gather valuable insights.
- **Focus Group Meetings:** Several focus groups are scheduled in the upcoming months to test and refine our training modules.
- **Survey Launch:** We are preparing a comprehensive questionnaire to collect feedback on training needs and gaps from various target groups.



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University, Türkiye



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and Development, Greece



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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



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 ↗



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





NEWSLETTER # 2 - FEBRUARY 2025

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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NEWSLETTER # 2 - FEBRUARY 2025

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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University, Türkiye



Asociación AHORA ONG,
Spain



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NEWSLETTER 3 # JULY 2025

Welcome to the third Resilient Responders Project newsletter!

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

Project Updates:

We are excited to announce that the Resilient Responders training material is now complete! In the upcoming weeks, it will be uploaded to our official platform: resilient-responders.eu.

Each module is designed to be interactive and practical, offering:

- Real-life case studies
- Additional resources to deepen understanding
- A skills card outlining key competencies
- Assessment questionnaires for self-evaluation



Target Groups:

- Personnel Involved in Disaster Management and Response
- Trainers and Facilitators
- Disaster Response Organizations

Stay tuned





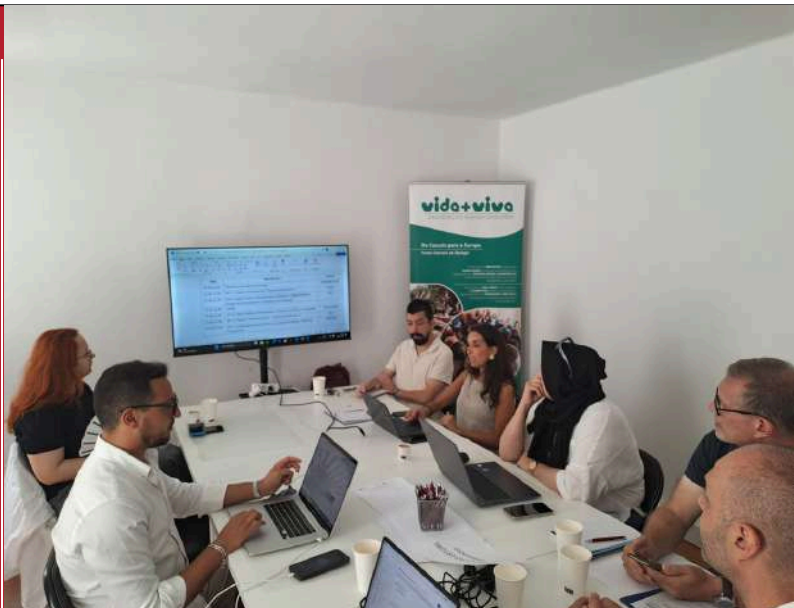
NEWSLETTER # 3 - JULY 2025

Key Activities in Progress:

The second Transnational Project Meeting took place in Cascais, Portugal. For two days, the partners came together to review our progress so far and to plan the next steps.

We focused on how to best implement the training, adapt it to the needs of our target groups, and design the structure of our upcoming webinars.

The discussions were essential to ensure the quality, accessibility, and impact of our future learning activities.



Explore our Platform

Our digital platform resilient-responders.eu will soon host all our training materials, newsletters, and updates. It will also offer access to upcoming webinars and be fully accessible, following inclusive design principles from the very start on.

Whether you're a professional responder, trainer, or organisation representative, our platform is your gateway to building psychological resilience in disaster response.



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Kahramanmaraş Sütçü İmam
University, Türkiye



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Spain



Trend Education NGO,
Kahramanmaraş, Türkiye



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NEWSLETTER 4 # JANUARY 2026

Welcome to the second Resilient Responders Project newsletter!

In this edition, we share important updates from our work to strengthen the psychological resilience of professionals responding to natural disasters.

Ongoing Training for Resilient Responders

Between September and December 2025, our partners are delivering online and face-to-face training sessions designed to help disaster responders manage stress and build resilience.

More than 120 participants have already joined the sessions, engaging in discussions about mental well-being and practising hands-on tools to cope with crisis situations.

The training covers six key areas, from psychological resilience and stress management to communication and leadership skills during emergencies.



Coming Soon: Best Practices & Practical Toolkits

- We are now preparing a set of best practices and useful toolkits based on the project's core modules.
- These materials will offer simple, practical methods that responders can apply in their daily work to strengthen self-care, emotional regulation, peer support, and decision-making under pressure.
- Our aim is to provide clear, accessible tools that improve responders' long-term resilience.



Stay tuned





NEWSLETTER # 4 - JANUARY 2026

Upcoming Features of Our Platform

We are expanding our platform with new interactive and practical resources designed to support responders throughout their resilience journey. Soon, users will have access to:

- Skills Cards: quick, easy-to-use cards summarising key resilience skills.
- Interactive PPTs: visually engaging presentations based on our training modules.
- Exercises & Activities: hands-on practices that responders can apply immediately.
- Real-Life Scenarios inspired by actual disaster-response experiences.
- Self-Assessment Tools: short check-ins to track personal progress.



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University, Türkiye



Asociación AHORA ONG,
Spain



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Kahramanmaraş, Türkiye



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NEWSLETTER # 5-MARCH 2026

Welcome to the fifth Resilient Responders Project newsletter!

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

Project Updates:

We are pleased to share that the pilot trainings of the Resilient Responders project have been successfully completed **in Italy, Greece, Türkiye, and Portugal.**

In total, 273 frontline professionals and volunteers were trained, strengthening their skills in psychological resilience and crisis response. The feedback received has been highly positive, highlighting the relevance and practical value of the training.



Stay tuned





NEWSLETTER # 5- MARCH 2026

Project Updates

At the same time, our online platform is now fully updated and hosts all project training materials. We invite you to explore the resources and make the most of the tools developed throughout the project.

Don't forget to [register on the platform](#) to access all materials and stay connected with our community.

Select Course



Courses
Module 1: Psychological Resilience Training

18

118

0.0



Courses
Module 2: Stress Management Techniques

11

59

6.0



Courses
Module 3: Psychological First Aid (PFA)

3

97

0.0

Learn More



What's Next

As we move into the final phase of the project, we are preparing a series of final events.

These sessions will focus on key topics such as psychological resilience, stress management, and support mechanisms for frontline responders. They will also provide space for reflection, exchange of experiences, and discussion on how to apply the project results in real-life contexts.

Stay tuned for upcoming announcements and join us in these final activities!

Stay Tuned



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Kahramanmaraş Sütçü İmam
University, Türkiye



Asociación AHORA ONG,
Spain



Trend Education NGO,
Kahramanmaraş, Türkiye



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NEWSLETTER # 6- MAY 2026

Welcome to the sixth Resilient Responders Project newsletter!

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

Final TPM in Foligno, Italy :

The project partners recently met in Foligno for the final Transnational Project Meeting of the project. During the meeting, partners reviewed the progress achieved so far, reflected on the project's key outcomes and discussed the final steps needed for the successful completion of all remaining activities and deliverables.

The meeting provided an excellent opportunity for coordination, exchange of feedback, and planning the sustainability and future exploitation of the project results.



Stay tuned





NEWSLETTER # 6- MAY 2026

Dissemination Event in Foligno

As part of the final project activities, a dissemination event was organised at the Centro Studi Città di Foligno in collaboration with the Foligno campus of the University of Perugia, where academic activities related to civil protection and territorial safety are carried out. The event encouraged discussion around the project's impact and highlighted the importance of continuing collaboration and knowledge sharing beyond the project lifetime.

[Learn More](#)



Successful Completion of the Final Webinars & Events

The partnership is also pleased to announce the successful completion of the final webinars and dissemination activities organised during the closing phase of the project.

Through online events, presentations, and communication activities, the consortium managed to reach a wider audience and promote the project results to educators, professionals, stakeholders, and interested participants across Europe.



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Kahramanmaraş Sütçü İmam
University, Türkiye



Asociación AHORA ONG,
Spain



Trend Education NGO,
Kahramanmaraş, Türkiye



European Grants International
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and Development, Greece



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NEWSLETTER # 7- FINAL

Welcome to the final Resilient Responders Project newsletter!

In this final edition, we look back on the project's journey, achievements, and collaborative activities that supported the psychological resilience and well-being of disaster response personnel across Europe. We also share highlights from the project's final meetings, dissemination events, webinars, and the lasting impact of the project results.

Looking Back at the Resilient Responders Journey :

A short reflection on the project journey, highlighting the collaboration between partners, the main objectives achieved, and the importance of supporting the psychological resilience of disaster response professionals across Europe.

European Cooperation and Partnership :

The project demonstrated the value of European cooperation in addressing common challenges related to disaster response and responder well-being. The collaboration between partners contributed to the exchange of expertise, good practices, and innovative approaches.



Stay tuned





NEWSLETTER # 7- MAY 2026

Sustainability and Future Perspectives

Although the project is coming to an end, its impact will continue through the availability of the project platform, educational materials, and digital resources developed during the implementation period.

The Resilient Responders platform will remain accessible to professionals, organisations, trainers, and stakeholders interested in strengthening psychological resilience, mental health support, and well-being in disaster response settings. Through these resources, the project aims to continue supporting knowledge sharing, learning, and future collaboration beyond the project lifetime.



Thank You!

Your contribution, collaboration, and support helped make this project a meaningful and impactful initiative for disaster response professionals across Europe.

Thank you for being part of the Resilient Responders community!



Stay Tuned



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Kahramanmaraş Sütçü İmam
University, Türkiye



Asociación AHORA ONG,
Spain



Trend Education NGO,
Kahramanmaraş, Türkiye



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