



is a national campaign to educate citizens on how they can help someone with a life threatening injury by performing the most essential actions—moving away from danger, stopping a bleed, proper positioning of the injured, providing warmth and comfort, and calling emergency services as soon as possible.

To learn more:

www.community.fema.gov/until-help-arrives



is a national awareness campaign, launched by the White House. The campaign encourages the training and empowering of bystanders to assist in bleeding emergencies, until help arrives.

To learn more:

www.dhs.gov/stopthebleed
stopthebleed@hq.dhs.gov



Montgomery County Office of Emergency Management
and Homeland Security

100 Edison Park Drive, Suite 1S31
Gaithersburg, MD 20878

For questions/concerns:

Phone: 240-773-0081

E-mail:

emergency.management@montgomerycountymd.gov

For more information on
Ready.gov's **“You Are the Help
Until Help Arrives”** campaign,
please visit:

www.ready.gov/until-help-arrives



Montgomery County Office
of Emergency Management
and Homeland Security

“You Are the Help Until Help Arrives”



RESOURCES BROCHURE

*More information and where to go for
training, volunteer opportunities, and
counseling services*

GENERAL TRAINING RESOURCES

Links to resources for training, courses, and certifications

National

American Red Cross

<http://www.redcross.org/ux/take-a-class>

Training and certification in first aid, CPR, and AED

American Heart Association

http://www.heart.org/HEARTORG/CPRAndECC/CPR_UCM_001118_SubHomePage.jsp

CPR and AED learning programs for adults and students

Federal Emergency Management Agency

<https://training.fema.gov/is/courseoverview.aspx?code=IS-317>

Offers course for Introduction to Community Emergency Response Teams, which trains for basic disaster response skills

American College of Surgeons, Bleeding Control

<https://cms.bleedingcontrol.org/Class/Search>

Class list for bleeding control training by city and state

CPR & First Aid National Training

http://cpr.heart.org/AHA/ECC/CPRAndECC/FindACourse/UCM_473162_Find-A-Course.jsp

Class search for National CPR and ECC training

Montgomery County

Suburban Hospital, Stop the Bleed Course

<http://events.suburbanhospital.org/event/health-safety/stop-the-bleed-save-a-life>

Information on Stop the Bleed training at Suburban

Suburban Hospital, Health and Safety Courses

<http://events.suburbanhospital.org/search/health-safety>

List of all health and safety courses offered at Suburban

Community CPR Training

http://emstrainingcenter.org/index.php?option=com_content&view=article&id=21&Itemid=796

Emergency Management training center CPR schedule

CPR Montgomery

http://www.cprmontgomery.com/training_sites.php

List of authorized training sites for CPR, AED and First Aid training

Montgomery County CERT, CPR & AED Courses

<http://montgomerycert.org/training/friends-family-cpr-aed/>

CPR and AED Courses offered by the CERT

MedStar Health, CPR & AED Courses

<https://www.medstar-montgomery.org/classes-events/#q={ }>

List of courses and events held by MedStar

Montgomery County Road Runners Club

<https://www.mcrrc.org/training-programs/cpr-class/>

Offer CPR course once per month for members

Rescue One Gaithersburg

<https://rescue-one.com/>

Offers life-saving training and shop for first aid supplies

COUNSELING RESOURCES

Resources for counseling information related to disaster and trauma recovery

SAMHSA Disaster Distress Helpline

Call 1-800-985-5990

Text: "TalkWithUs" to 66746

<http://www.redcross.org/get-help/disaster-relief-and-recovery-services/recovering-emotionally#Recovery>

Montgomery County 24 Hour Crisis Center

Call 240-777-4000

Psychological First Aid Field Operations Guide

<http://www.nctsn.org/content/psychological-first-aid>

Center for Disease Control and Prevention

<http://emergency.cdc.gov/mentalhealth/>

<http://blogs.cdc.gov/publichealthmatters/2012/07/an-emotional-response/>

American Psychological Association

www.apa.org/helpcenter/recovering-disasters.aspx

FEMA

www.fema.gov/media-library-data/20130726-1549-20490-4912/recovering_from_disaster.pdf

SAMHSA

www.samhsa.gov/disaster-preparedness/samhsa-efforts

World Health Organization

http://apps.who.int/iris/bitstream/10665/44615/1/9789241548205_eng.pdf

Mental Health First Aid

<https://www.mentalhealthfirstaid.org>

VOLUNTEER RESOURCES

Links to resources for getting involved

Montgomery County CERT

<http://montgomerycert.org/>

Volunteer with the Montgomery County CERT

Maryland Responds Medical Reserve Corps

<https://mdr.health.maryland.gov>

Network of local volunteers in Maryland

Red Cross

<http://www.redcross.org/volunteer/become-a-volunteer#step1>

Locate volunteer opportunities in your community

National Association of Social Workers

<http://www.nasw-md.org/?112>

Become a certified disaster mental health responder

Emotional Spiritual Care Volunteers

<http://montgomerycountyinterfaithmd.org/programs/emotional-spiritual-care-volunteers/>