• Prevention measures for recurrence of a similar event or negative adverse exposures
• Action measures to reduce vulnerabilities
• Emphasis on and encouragement of sustained coping
• Organizational alignment and ongoing current state assessments
• Countermeasures for maintenance
• Problem solving activities
• System-wide reflective learning
• Effective debriefing for workforce resilience-building
• Focus on population health
• Concrete lines of communication
• Ongoing training & Refresher courses
• Environments for healthy decompression
• Screenings & Assessments
• Referral networks
• Effective mental health service pathways both internal & external
• Acute & long-term treatment for event related holistic health challenges
• Financial planning to design enhanced support infrastructure
• Building safer processes to meet ongoing concrete needs

• Precautionary and proactive measures
• Implementing risk mitigation strategies before an emergency occurs
• Develop response/support plans and establish response teams
• Training, skill, and general awareness building
• Program planning to maintain effective coping and daily functioning of the workforce
• Psycho-education, information sharing, and support materials (i.e. posters, brochures, leaflets, videos, etc.)
• Mental Health & Preparedness plans in action
• System-wide alignment of directives
• Provide emotional support to those in distress
• Enhance training and skill-building of peer supporters
• Normalizing reactions and responses
• Crisis counseling to meet severity
• Emphasis on self-care
• Expansion of response resource capacity
• Identify resource gaps (human capacity & system)
• PDSA cycles