

THE FIREFIGHTER DECONSTRUCTED

Christy Warren

Christy Warren, PTSD Survivor and retired fire captain, digs into how the job can affect our mental and emotional health, the ensuing physical symptoms, and how to deal with it. Whether you're just feeling crappy or have full-blown PTSD, or if you want to know the signs and how to help a brother or sister, w...

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- ### PARAMEDIC AND FIRE CAPTAIN RYAN...

1/10/2025 | 61 min | [Latest Episode](#)

Ryan Espanza worked as a military firefighter, a private ambulance 911 paramedic and is now a Fire Captain with the Suisun Fire Department. He became angry with a short fuse, ready to knuckle up all the...
- ### ATF/NYPD RET PETER FORCELLI - ...

7/17/2024 | 54 min

This is an awesome episode! This guy has done so much and has gone through so much. 9/11 left him with PTSD and he faced the ultimate departmental betrayal. Despite everything he has gone through, he has...
- ### GARY HAYES, RET. UNITED KINGDOM...

4/19/2024 | 51 min

Gary Hayes comes to us all the way from the United Kingdom! He is the Co-Founder of PTSD999, a charity organization that raises money to provide therapy and services for first responders. They also provide...
- ### NICKI IMPASTATO - THE FIRST...

3/3/2024 | 61 min

This episode is with the amazing Nicki Impastato! Nicki and I sit down and talk about her life working as a dispatcher while raising two kids with her Battalion Chief husband. And then we talk about doing all this...
- ### FF EGAN DE LOS COLBOS: HOW PTSD...

2/5/2024 | 77 min

Veteran firefighter Egan DeLosCobos sits down with the firefighter deconstructed and talks about how the body holds on to stress and what happens to our bodies if we don't deal with it. Egan and his 3 year old s...

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OSI-CAN Target Demographic

The target demographic of OSI-CAN are but not limited to Former and serving members of the Canadian Armed Forces, Allied Armed Forces, the Royal Canadian Mounted Police and Frontline Protectors--- Municipal Police Services, CN Police Services, Emergency Medical Services, Fire Protection Services, Wildland Firefighters and Hospital Trauma personnel, Nurses, Healthcare Workers, Crown Prosecutors, Social Workers, Animal Control Officers, Coroners, Indigenous Emergency Management, Victim Services Personnel, Emergency Communications Specialist, Crisis Management Workers (such as Mobile Crisis, etc), Corrections Officers, "Volunteer" First Responders, Conservation Officers, Tow Truck drivers, and private sector First Responders. Persons who in the performance of their jobs are exposed to criminal acts of Trauma. We also provide supports to the spouses and significant others of those exposed to such trauma. This demographic was chosen due to the commonality of experiences they share through the service they provide to the country and community. We have a special interest and support volunteer first responders as they may not have proper access to support.


Mobile Crisis: call 306-757-0127
Crisis/Suicide Hotline 24/7: 1-833-456-4566
Or Consult <https://sk211.ca/> to find other help lines
if you would like an OSI-CAN support group or a spouse of OSI group in your community, contact Julius Brown at 306-552-3801 or 1-888-495-6068
osicandir@cmhask.com