

Lifting the Burden 2026: Shared Resilience for Last Responders

A Virtual Wellness Week | May 11–15, 2026



Supporting the mental health of the people who take care of the dead.
Hosted by Funeral Professionals Peer Support (FPPS).

We Are The “Last Responders”

First Responders



Arrive when the scene is loud.
Their job is to rescue and save.

Last Responders



Arrive when the scene has gone quiet.
We carry the emotional residual long
after the sirens stop.



Professional Mask — The requirement to remain the pillar of strength in the arrangement office and technically precise in the prep room.

“ We help families start healing, but they weren’t rescued. They didn’t live. We carry that weight.”

The Hidden Crisis: Data from the Front Lines

85%

State that working in death care impacts their mental health.

70%

Admit there is at least one specific family, call, or deceased person they still think about.

47%

Explicitly feel burnt out by their work.



Why Traditional Support Often Fails



The 'Unicorn' Factor:

Funeral professionals often have to 'care' for their therapists because the details of the job (e.g., trocar complications, decomposition) are too shocking for outsiders.



The Linguistic Vacuum:

The exhaustion of explaining the jargon. We need a space where we don't have to translate our world.



The On-Call Nervous System:

Hearing the phone ring when it isn't. The physiological inability to relax because the next 'First Call' is always pending.

The Biology of Connection: Why Peer Support Works

Shared Reality:

When a peer nods instead of flinching, cortisol spikes reduce. The brain recognizes safety.

Validation:

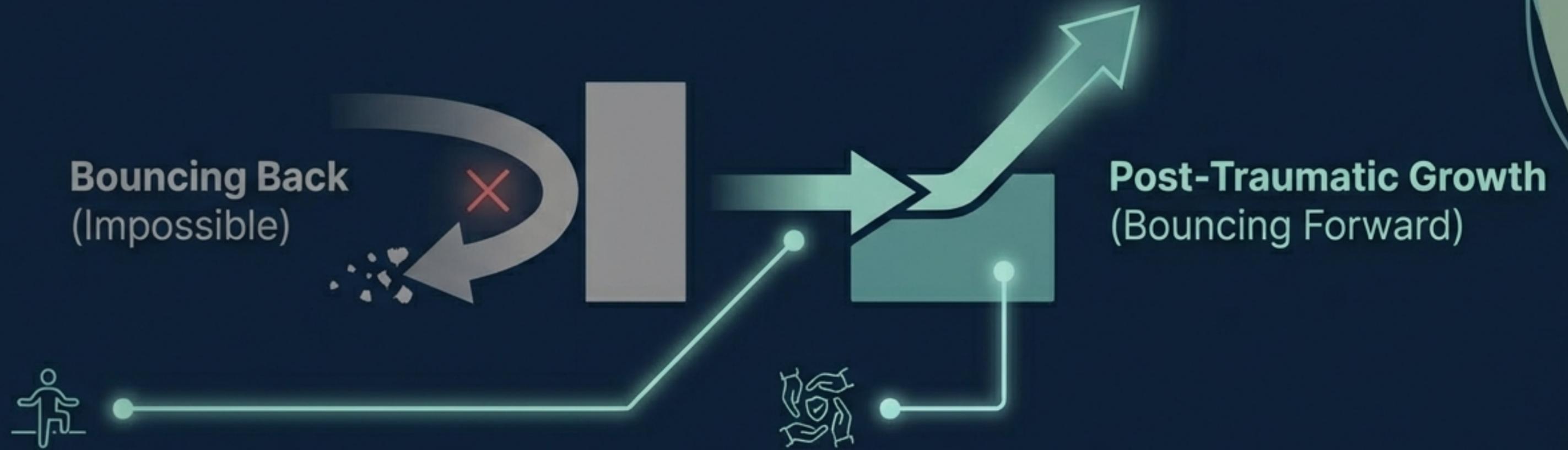
Recognized by WHO and SAMHSA as a critical element of professional mental health.

Mirror Neurons:

Observing a peer navigate a traumatic case creates a neurological "blueprint" for your own resilience.



Beyond 'Bouncing Back'



Bouncing Back
(Impossible)

Post-Traumatic Growth
(Bouncing Forward)

You don't return to who you were before the prep room. You integrate the experience to become a more grounded, present professional.

Mitigating Moral Injury:

Balancing "care" with "corporate metrics" causes Moral Injury. Peer connection heals this specific wound.

Lifting the Burden 2026: The Event

May 11–15, 2026



Format: Virtual Webinar Series
(View at Your Own Leisure).



Target: Designed for the busy,
on-call schedule of the
bereavement sector.

A week of wellness learning, connection,
and nervous system reset.

Expert Speaker Lineup



Stefanie Doucett
(Funeral Director &
Wellness) - Joy in
the Midst of
Difficult Work



Shontelle Prokipcak
(Psychotherapist) -
Holding Grief Without
Losing Yourself



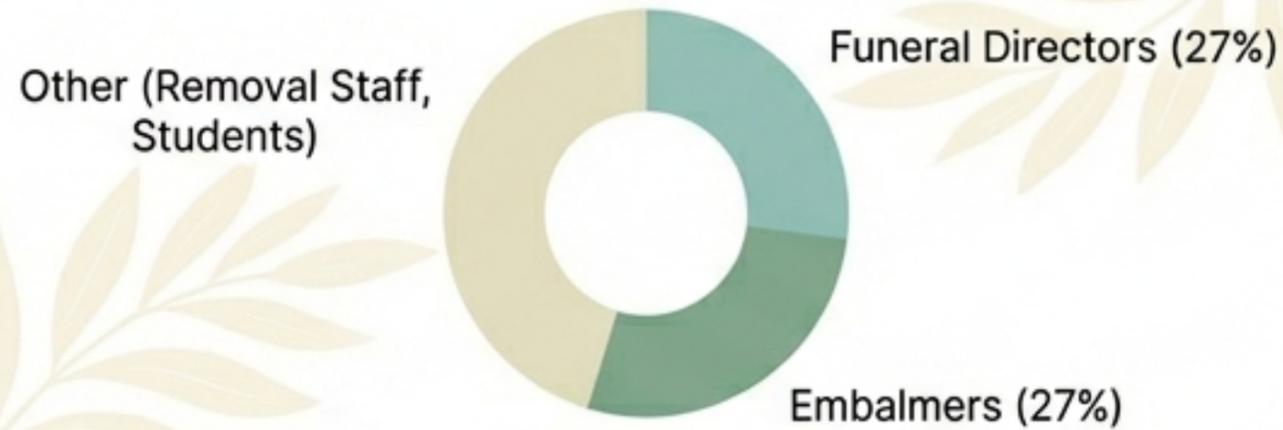
Dwight Thompson
(Social Worker &
Funeral Director) -
Relationships and
Support for Workers



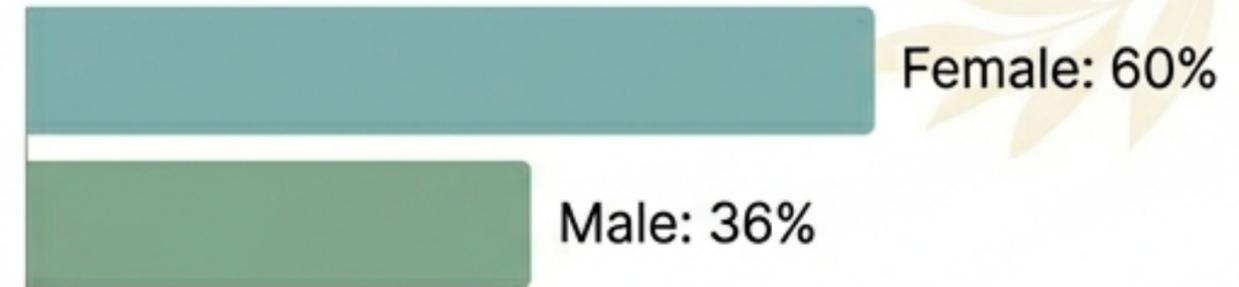
Erica Cobb
(MSW Student)
- Neurodiversity
within Bereavement
Care

Who Is The Community?

Job Roles



Gender



Highlighting the changing face of the industry.

International Reach



78%

of professionals want access to free psychoeducational material on mental health.

The Gap We Must Fill

The Conflict



58% say employer is aware of emotional risks...



...BUT **50%** still feel burnt out.



...AND **40%** don't know how to self-care.

Awareness exists, but resources are scarce. This event bridges that gap.

The Systemic Needs

44% want Advocacy.

41% want an Emergency Compassion Fund.

Join the Movement

For Sponsors

Support the mental health of the “Last Responders.” Help us provide the free education 78% of the industry is asking for.

For Attendees

Stop carrying the weight alone. Register to reset your nervous system.

Website: www.funeralpeersupport.com
Email: fpps2026.socialwork@gmail.com

We see you, we hear you, and we are with you.