



About

Dr. Lea Sullivan: Expert in firefighter mental health and preventative resilience training.

A nationally recognized fire service mental health expert, founder of The Resilience Academy, and retired volunteer first responder chaplain. With a Ph.D. concentration in Trauma & Crisis Counseling and specialized research on firefighter attachment and resilience, Dr. Sullivan brings both academic insight and boots-on-the-ground experience to her work.

As the Director of Mental Wellness for a fire district, Dr. Sullivan developed the nation's first attachment-based mental health program for firefighters. She trains peer support teams, chaplains, and fire families with a focus on resilience, cultural competence, and trauma-informed care. Through speaking, training, and as a contracted agency MHP, she equips fire service professionals and their families with tools to protect their mental health—so they can keep showing up strong, on the fireground and at home.

Lea Sullivan

PhD, LMHC, Chaplain (Ret.)

Not all first responder work is the same—and neither is the toll it takes.

Lea specializes in the mental health needs of firefighters, executive leaders in the fire service, chaplains, and fire families. Her work is tailored, tactical, and firehouse fluent.

This is not just “first responder” care—it is fire service care, and that distinction matters.

Key areas of expertise:

- Firefighter mental health
- Peer support & chaplaincy
- Cultural competence
- Preventative resilience
- Fire service family wellness

Available for:

- Training & workshops
- Speaking engagements
- Expert interviews

Recent Publications:

- [Cover My Six: A Comprehensive Guide to Firefighter Wellness](#)
- [Firefighter Nation 'From Reactive to Proactive'](#)
- [Firefighter Nation 'The Hidden Toll of Firefighting'](#)

Book Lea for your next event!

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Let's build something strong—and sustainable—together.