



About

Dr. Lea Sullivan is a nationally recognized authority in firefighter mental readiness, working where fireground know-how meets trauma science. Her work is built on a clear truth: firefighters face demands unlike any other profession, and generic “first responder” mental health support misses the mark.

With a Ph.D. concentration in Trauma and Crisis Counseling and experience as a retired volunteer fire chaplain, Dr. Sullivan brings both academic rigor and operational credibility to the fire service. She has developed and led fire-specific mental wellness programs and trained peer support teams, chaplains, and crisis intervention teams in all agency settings.

Through speaking, training, and the *Cover My Six* series, Dr. Sullivan equips firefighters and those who support them with evidence-based tools that strengthen mental readiness, reduce the impact of trauma and moral injury, and prevent compassion fatigue—helping firefighters stay strong through every call, every shift, and every season of the job.

Lea Sullivan

PhD, LMHC, Chaplain (Ret.)

Where fireground know-how meets mental readiness.

Dr. Lea Sullivan specializes in the mental health readiness needs of firefighters, fire service leaders, chaplains, and fire families. Her approach is practical, tactical, and firehouse fluent designed to keep firefighters prepared on the job and at home.

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

Key areas of expertise:

- **Firefighter** mental health & resilience
- **Peer support** & chaplaincy
- Fire service **cultural competence**
- **Preventative** mental readiness
- **Firefighter** family wellness

Available for:

- Training & workshops
- Speaking engagements
- Expert interviews

Recent Publications:

- [Cover My Six: A Comprehensive Guide to Firefighter Wellness](#)
- [Cover My Six—The Playbook](#) (a peer support training workbook)
- [Firehouse Magazine ‘Presence Over Perfection’](#)
- [Firefighter Nation ‘From Reactive to Proactive’](#)
- [Firefighter Nation ‘The Hidden Toll of Firefighting’](#)

Book Lea for your next event!

Lea Sullivan, PhD, LMHC, Chaplain (Ret.)

drleasullivan.com

253-363-0337

