

Additional Mental Health Support Resources

National Suicide Prevention Lifeline 800-273-8255

Available 24 hours in both English and Spanish.

There are number of free, confidential and virtual support services available for public safety professionals and their families

- **911 At Ease International** - provides access to free trauma-informed counseling for first responders and families, including police, fire, paramedics, emergency medical personnel and other essential agencies.
- **1st Help** - offers quick access to organizations assisting first responders with a range of topics from peer support to mental health care and financial aid.
- **Responder Strong** - offers support for all emergency responders and their families including referrals, self-help tools and educational resources.
 - **You Responder Strong** is an interactive site that you can personalize with tools and resources for self-care.
- **Armor Up** - provides trauma informed prevention, training and education. They are linked with the Safe Call Now hotline (206-459-3020).
- **Bulletproof** - lets you use your agency's code to find confidential and anonymous resources that offer law enforcement professionals, and their families, mental health and wellness resources.
- **VALOR For Blue** - is an officer safety and wellness program with additional resources, training, videos and podcasts.
- **The All Clear Foundation** - is a comprehensive resource database dedicated to improving the life expectancy and well-being of emergency responders and their families.
- **Next Rung** - links firefighters and first responders to professional or peer resources.
- **Firestrong** - is a 24/7 firefighter and family crisis and support line.
- **National Fallen Firefighters Foundation** - provides resources and family programs
- **First Responder Center** - offers tailored health and wellness resources.
- **NAMI HelpLine** - between 10 am and 8 pm ET at 800-950-6264 to access confidential, professional support. For immediate assistance, text "10-18" to 741741 at any time.

There are also resources more directly related specifically to peer support

- **American Academy of Experts in Traumatic Stress** - offers online support groups for emergency responders and health care workers.
- **Hero First** - offers a warmline, peer support and other resources for first responders.
- **6th Alarm** - provides peer support and resources for fire, law enforcement, EMS and dispatchers.
- **Responder Rel8** - is a peer support app where you can chat with peers 24/7 for free.
- **CopLine** - website and 1-800-267-5463 are a confidential, 24-hour law enforcement peer support hotline.
- **Center for Firefighter Behavioral Health** - offers resources and peer support for the occupational stress faced by firefighters.
- **911 Operators Peer Support on Facebook** - is a source to connect with others and find additional resources.