**Crisis Resources for First Responders**

* [**Safe Call Now**](https://www.safecallnow.org/get-help-1.html):
  + Call **206-459-3020**
  + <http://www.safecallnowusa.org/>
  + Safe Call Now is a confidential, comprehensive, 24-hour crisis referral service for all public safety employees, all emergency services personnel, and their family members nationwide

[National Suicide Prevention Lifeline](https://suicidepreventionlifeline.org/): answered locally by trained counselors and available 24 hours a day, 7 days a week. The Lifeline is also available in Spanish and offers a prompt for veterans, or those concerned about a veteran, to connect to specially trained counselors.

* Call 1-800-273-8255
* Chat <https://suicidepreventionlifeline.org/chat/>

[Crisis Text Line](https://www.crisistextline.org/): Text “Blue” (for law enforcement officers) to 741-741 to connect 24/7 with a trained crisis counselor

* Anyone can text “HELP” to 741741 to be connected to crisis services

Visit [SuicideIsPreventable.org](http://www.suicideispreventable.org/) and click on “Reach Out” to find local resources in your county.

**Suicide Prevention Resources for First Responders**

**Suicide Prevention Resource Center**: [Suicide Prevention Resources for First Responders](https://www.sprc.org/settings/first-responders) links to fact sheets and recommended resources.

* The SPRC also provides a listing of suicide prevention resources, programs and practices on their website: [www.sprc.org/resources-programs](http://www.sprc.org/resources-programs)

**National Action Alliance for Suicide Prevention**: [Public Safety](https://theactionalliance.org/communities/workplace/public-safety) page shares guidance and resources for Law Enforcement Officers and Firefighters.

[Each Mind Matters (EMM) collection on Resources for Workplace Suicide Prevention](https://www.eachmindmatters.org/change-agents/resources-for-workplace-suicide-prevention/):

links to resources that promote mental health and suicide prevention in the workplace, including EMM and Know the Signs materials.

**General / Suicide Prevention / Mental Health / Trauma**

[The Ruderman White Paper on Mental Health and Suicide of First Responders](https://rudermanfoundation.org/white_papers/police-officers-and-firefighters-are-more-likely-to-die-by-suicide-than-in-line-of-duty/): seeks to raise awareness about the issue of mental health among first responders in order to alleviate stigma and facilitate access to services.

[Serve and Protect](https://serveprotect.org/): facilitates trauma services for public safety professionals

[The Code Green Campaign](https://codegreencampaign.org/): first responder-led organization advocating for mental health and wellness initiatives within the field.

[First Responders: Behavioral Health Concerns, Emergency Response, and Trauma](https://www.samhsa.gov/sites/default/files/dtac/supplementalresearchbulletin-firstresponders-may2018.pdf): SAMHSA Disaster Technical Assistance Center research bulletin focusing on mental health, substance abuse, and suicide risk among first responders.

[First Responders Center for Excellence](https://www.firstrespondercenter.org/behavioral-health/awareness/) (Behavioral Health): web-based resource for first responders and their family members addressing physical and psychological health issues and promotion of research in relevant fields to increase awareness of first responder health issues as well as prevent first responder deaths and injuries.

* [Behavioral Health Awareness Training](https://www.firstrespondercenter.org/behavioral-health/toolsresources/): This training has been organized into a series of six separate modules to allow for distributed training and ongoing discussions.

**Firefighters and Emergency Medical Services Resources**

[Suicide: What you Need to Know – A Guide for Fire Chiefs](https://www.everyonegoeshome.com/wp-content/uploads/sites/2/2014/01/SuicideGuide_Chiefs.pdf) (National Fallen Firefighters Foundation): this publication will assist fire chiefs in examining their agencies current efforts for preventing suicide, and provide best-practices for implementing suicide prevention activities.

[Confronting Suicide in the Fire Service: Strategies for Intervention and Prevention](http://thefirsttwenty.org/downloads/Confronting_Suicide.pdf) (National Fallen Firefighters Foundation): this publication will assist fire chiefs in examining their agencies current efforts for preventing suicide, and provide best-practices for implementing suicide prevention activities.

[In the wake of suicide: Developing guidelines for suicide postvention in fire service](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4784501/pdf/udst-40-121.pdf): a study on effective Standard Operating Procedures (SOP) for responding to suicide deaths within the fire community.

[Service to Self: Behavioral Health for Fire and EMS Personnel](https://samhsadtac.articulate-online.com/p/2106882870/DocumentViewRouter.ashx?Cust=21068&DocumentID=3b340b2c-3ccc-4c79-9e22-f421bb7449a0&Popped=True&InitialPage=/story_html5.html?Cust=21068&DocumentID=3b340b2c-3ccc-4c79-9e22-f421bb7449a0&Popped=True&v=29&InitialPage=story.html&v=29&): free online training from SAMHSA with videos and interactive quizzes.

[Center for Firefighter Behavioral Health](http://www.cffbh.org/): website focused on bringing technology based behavioral health resources and education to firefighters and their families

[Fire Service Behavioral Health Management Guide](http://www.firstrespondercenter.org/wp-content/uploads/2019/03/behavioral-health-mgmt-guide-122017.pdf): a guide to help fire departments create successful behavioral health programs based

[PocketPeer](http://www.pocketpeer.org/): a interactive website for fire personnel that provides quick links to resources including web-based peer support, quick online assessment tools for self or others, and additional resources.

[Firefighters Coping With the Aftermath of Suicide](https://theactionalliance.org/resource/firefighters-coping-aftermath-suicide-video): video exploring the effect of suicide on firefighters and first responders and guidance on how to supporting those at risk. Additional video resources from the Denver Fire Department:

* [Leadership so Everyone Goes Home](https://www.youtube.com/watch?v=rxqyK1zUknc)
* [Making suicide prevention part of total wellness](https://www.youtube.com/watch?v=SskSfiMLxl8&feature=youtu.be)

[Firefighters Helping Firefighters](http://fhf.pocketpeer.org/Home.aspx): A peer education approach to support the behavioral health needs of fire service professionals. On this site, members of the fire service can learn about common behavioral health problems, discover treatment options, and hear firsthand from other fire service members as well as fire service supervisors.

[Share the Load Program](https://www.nvfc.org/programs/share-the-load-program/): program run by the National Volunteer Fire Council. They have a help line, text based help service, and have also collected a list of many good resources for people looking for help and support.

[Everyone Goes Home, Firefighter Life Safety Initiative](https://www.everyonegoeshome.com/16-initiatives/13-psychological-support/) (National Fallen Firefighter’s Foundation): #13 Psychological Support: Provides an overview and links to behavioral health resources for firefighters as part of the Firefighter Life Safety Initiative

[Checking In: A Behavioral Health Size-Up](https://www.everyonegoeshome.com/resources/podcasts/) (podcast): a podcast covering various topics with the goal to provide a foundation for a discussion on how to address behavioral health practices to help firefighters and their families

[QPR for Firefighters and EMS](https://qprinstitute.com/professional-training): 6-hour online training on how to detect, intervene with, and refer someone at risk including co-workers, family and friends.

[EMS Mental Health Initiative](https://www.naemt.org/initiatives/ems-mental-health): mental health-related resources for EMS practitioners.