

We all experience tough times and we all cope differently. Some of us might benefit from talking to a counselor, while others prefer calling a helpline or maybe just calling a friend. When that tough time comes, be prepared. Below is a list of different resources to best meet your needs. Take the time to fill in your own support systems and review which resources might work best for you.

PERSONAL RESOURCES

Friend: _____

Phone Number: _____

Peer Support Member: _____

Phone Number: _____

EAP Contact: _____

Phone Number: _____

SAN DIEGO LOCAL RESOURCES

Fire Captain Ryan J. Mitchell's First Responders Behavioral Health Support Program 1-833-983-4778

A free and confidential helpline staffed with former and active First Responders who support San Diego First Responders by providing a listening environment and connecting First Responders to local mental health and substance use disorder resources.

Iverson Foundation for Active Awareness

Raises awareness of the mental and emotional state within First Responders and helps remove the stigma related to seeking help.

First Responders Wellness — First Responders Fellowship Support Groups

First Responders Fellowship is a confidential and safe place for all active and retired First Responders/Public Safety to experience strength, hope, and healing from the unique traumas faced in their careers.

Access and Crisis Line

1-800-267-5463

A 24/7 hotline for individuals experiencing a suicidal or mental health crisis. Trained and experienced counselors are standing by to provide support, referrals and crisis interventions.



NATIONAL PEER SUPPORT & CRISIS LINE RESOURCES

Copline

1-800-267-5463

Nonprofit dedicated to serving active and retired law enforcement officers and their loved ones by providing confidential 24/7 trained retired officers for callers that are dealing with various stressors.

Responder REL8

A peer-to-peer app for First Responders to chat openly and anonymously 24/7 with other First Responders.

Safe Call Now

1-206-459-3020

A 24/7 helpline staffed by first responders for first responders and families. They can assist with treatment options for responders who are suffering from mental health, substance abuse and other personal issues.

National Suicide Prevention Lifeline

1-800-267-5463

Provides 24/7, free and confidential support for people in distress, prevention, and crisis resources.

TRAINING & EDUCATION

Academy Hour

Provides supportive mental health education to help First Responders gain resiliency, longevity, and overall well-being, on and off the job. Academy Hour is currently offering 1-year FREE access to all classes for First Responders.

INPATIENT RESOURCES

First Responder Wellness Program by Simple Recovery

First Responder Wellness provides trauma-based substance abuse and mental health treatment exclusively for First Responders.

IAFF Center of Excellence for Behavioral Health Treatment and Recovery

A one-of-a-kind treatment facility for members of the International Association of Fire Fighters who are struggling with post-traumatic stress, substance abuse and other behavioral health issues.

COVID19 RELATED RESOURCES

<https://emergency.cdc.gov/coping/responders.asp>

https://www.cdc.gov/coronavirus/2019-ncov/hcp/mental-health-healthcare.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fmental-health-healthcare.html

<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschools-childcare%2Ftalking-with-children.html

<https://www.iaffrecoverycenter.com/resources/#covid>

ADDITIONAL RESOURCES

All Clear Foundation

A nonprofit focused on aggregating critical resources to improve the life expectancy and wellbeing of First Responders and their families.