

First Responder Resources: Crisis Support



Veterans Crisis Line: 1-800-273-8255, Press 1 OR Text 838255

Safe Call Now: (206) 459-3020

Confidential, Comprehensive 24-hour crisis referral service for all public safety employees, emergency services personal and their family members nationwide.

COPLINE: 1-800-COPLINE (1-800-267-5463)

Confidential, 24-hour law enforcement officer hotline manned by retired law enforcement officers trained in active listening.

Emergency Responder Crisis Textline: Text "BADGE" to 741741

Connect with a trained crisis counselor. This is a free, confidential service, available 24-hours for all emergency responders.

Fire/EMS Helpline: 1-888-732-FIRE (1-888-731-3473)

A confidential, 24-hour helpline created by first responders to meet the unique needs of firefighters, EMTs, Rescue personal and their families.

Frontline Helpline: 1-866-676-7500

24-hour coverage with first-responder call-takers. Run by Frontline Responder Services.

National Suicide and Crise Lifeline: Call 988

First Responder Resources – General Support

Invisible Wounds Project

<https://iwproject.org/>

They are in the process of building a space in Forest Lake, MN. The goal is to offer a space for connection for all Protectors and their family members.

Hot Wash program

Peer support for first responders, started by a former fire fighter who is peer support trained

<https://hwpeersupport.org/about>

Cities Cop Church

Services for first Responders the first and third Sunday of each month @ 6pm - the Anderson Center at Bethel University. 2 Pine Tree Dr, Arden Hills, MN 55112

<https://www.citiescopchurch.com/about-us>

TacMobility

<http://www.tacmobility.net/>

Offers Webinars such as:

Balancing the Badge – Women Police: Featuring Wellness & Self Care Strategies (Free)

TacMobility Officer Wellness Training (\$149)

Responder Strong

Their mission is to improve mental health supports for Emergency Responders, including HealthCare Workers, and their families through joint focuses on intervention and prevention.

Their site serves as a resource map for Responder-informed crisis and clinical services as well as easily accessible educational content and tools for Responders, their families, their leaders and the clinicians who work with them.

Code4Project

Fishing trips for First Responders and Veterans

MnFire Assistance Program (MAP)

888-784-6634

Phone lines are answered 24/7 and provide confidential support, guidance and mental health resources. Any member of a firefighter's household, including children living away from home, can access the MAP. Effective October 1, 2021, each firefighter and/or their family members can access up to five counseling visits a year (additional support is ensured as needed).

Firefighters are also matched with a member of MnFIRE's team of trained Peer Supporters who know firsthand the difficulties firefighters face and are well-equipped to walk alongside a firefighter in need as they navigate their situation.

Harbor of Grace

<https://harborofgracerecovery.com/>

Reboot Recovery

<https://rebootrecovery.com/>

Support Groups:

<https://www.firstresponder-wellness.com/wp-content/uploads/2023/04/Fellowship-Support-Groups-Flyer-04.2023-4.pdf>

Next Rung

Provide peer support via talk or text, financial aid for licensed counseling an inpatient treatment, and monetary donations to families of firefighters lost to suicide.

Protectors Peak

<https://www.protectorspeak.com/retreats>

Protectors Peak offers FREE retreats for first responders and their spouses. The only cost is a nonrefundable \$50 registration fee and any personal travel costs. They are located in Idaho (on 144 acres of Mountain Land). They are a faith based organization. Retreats include a daily bible study. Individuals do not have to be Christian to attend. No alcohol available at retreats.

Firefighter Wife

Firefighterwife.com

Peer support for fire spouses

Backing the Blue Line

<https://www.backingtheblueline.org/>

Non-profit dedicated to supporting law enforcement significant others.

Sigma Tactical Wellness

Cardiac/Metabolic screening correlating known risk factors, genetics, and occupational stressors that are characteristics of law enforcement

<https://iamsigma.com/>

Reviving Responders

<http://www.revivingresponders.com/whatwedo>

Minnesota 100 Club

Gives monetary aid to LEO families.

PO Box 18784, Minneapolis, MN 55418

Email MN100club@aol.com

Phone: 320-274-8228

<https://mn100club.org/>

Metro Cism

<https://metrocism.org/>

Pocket Peer

Resources for FireFighters which includes suicide prevention, stress management, navigating critical incidents and alcohol use & misuse.

www.pocketpeer.org

Wills for Heroes

Free legal services to First Responders in preparation of basic estate planning documents.

<https://www.mnbar.org/about-msba/related-organizations/wills-for-heroes>

We Can Ride

Equine Connections for first responders to assist them in finding peace and decompression after long shifts on the streets.

<https://www.wecanride.org/discover-our-programs/equine-connections/>

First Responder Resources – Podcasts/Videos

TacMobility

<http://www.tacmobility.net/>

Podcast: Controlling the Mind + The Machine

No One Fights Alone Podcast

The First Responder mental health and culture podcast provides an in-depth conversation about the challenges faced by those who protect and serve.

<https://www.nofapodcast.com/>

Responder Resilience Podcast

<https://www.respondertv.com/>

A podcase that sheds light on the challenges and triumphs of firefighters, EMTs, dispatchers and law enforcement professionals.

Code4Couples Podcast

<https://www.code4couples.com/podcasts>

Explores first responder relationships and common problems that impact first responder marriages.

Behind the Shield

<https://www.jamesgeering.com/>

The guests are wide ranging, from strength and conditioning coaches to psychologists, doctors to special operators, firefighters to paramedics. The topics range from hard hitting mental health stories to neuroscience, stories of survival to healing journeys from people around the globe.

Checking In

This podcast series talks about the issues surrounding stress injury and PTSD with our first responders.

CopThink Podcast

Explores current issues in policing and focuses on the question, “Why do police do what they do?” In each episode, host Brian Casey and his guests discuss how cops think on (and off) the job.

Mindful Public Safety

<https://www.mindfulpublicsafety.org/mindful-public-safety-podcast>

Where you’ll hear conversations and insights from public safety professionals and those who train and support them.

Laudable

The goal of Laudable is to harness the power of social media to create a safe space and promote mental wellness and self care in the first responder community and in society as a whole.

A Medic's Mind

<https://amedicsmind.com/>

Follow the story of Matthew Heneghan, who talks about his life as a military medic transitioning to a civilian paramedic, sharing unfiltered narratives filled with raw emotions and start reality.

Over a Cup

<https://onthejobandoff.com/over-a-cup-podcast/>

Features first responders and civilians who have chosen resilience in the face of mass casualty incidents, trauma and the resulting mental health challenges.

Brainstorm by Paramedic Nat

<https://www.podchaser.com/podcasts/brainstorm-by-paramedic-nat-544783>

Shares raw experiences and opinions about living with PTSD, depression and addiction.

PTSD Bunker Gear for Your Brain

<https://ptsdbunkergearforyourbrain.libsyn.com/>

Self-Help tips on PTSD.

Rescue the Rescuer

A podcast that seeks to shred the shame and highlight strategies that work to alleviate and eliminate common stumbling blocks for First Responders like addiction, PTSD, relationship failure, and more.

Up Talk

<https://www.mentalhealthnewsradionetwork.com/our-shows/uptalkpodcast/>

Focuses on how mental illness affects first responders.

Within The Trenches

<https://www.withinthetrenches.net/podcast>

Informative, humorous, serious and all around eye opening to the world of 9-1-1 dispatch.

Your Oxygen Mask First

<https://www.youroxygenmaskfirst.com/podcast>

Delves into the depths of mental health, physical health and fitness, wellness, professional development, and improving relationships for public safety professional or anyone who cares for others in a high-stress environment.

Resilience Videos

<https://www.mindfulpublicsafety.org/resilience-video-resources>

First Responder Center For Excellence

Resource Hub

<https://firstrespondercenter.org/resource-hub/behavioral-health/>

Public Stress Management Class

<https://www.pennmedicine.org/for-patients-and-visitors/find-a-program-or-service/mindfulness/program-offerings/participant-resources>

Mindful Badge

<https://www.mindfulbadge.com/meditations>

First Responder Resources – Mental Health Support

Culturally Competent Providers

Protector Overwatch @ Ellie Mental Health

Protector Overwatch provides services to Law Enforcement, Fire Fighters, Paramedics, Dispatchers, Corrections, Military Service Members, Veterans and their family members. Protector Overwatch providers are specially trained mental health providers who each have a powerful desire to serve those who serve others. Each provider has their own personal connection to these populations and is aware of the unique challenges that these populations face.

<https://elliementalhealth.com/services/protector-overwatch/>

Sunrise Wellness

Sunrise Wellness works with a variety of police departments and sheriff's offices to provide wellness programs, peers support training, mental wellness training and to be available to support departments and the families of those officers in times of critical incidents.

<https://sunrisewellness.net/services/>

Wellness That Fits

Wellness That Fits strives to meet the needs of those who serve and protect our communities by offering services to individuals and organizations. We offer individual, couples, and family therapy, wellness check-ins, critical incident response, peer support team development and oversight, and training services.

<https://wellnessthatfitsmn.com/>

Marie Ridgeway & Associates

At Ridgeway & Associates, we specialize in working with Law Enforcement and First Responders. With friends and loved ones in Public Safety, we are mental health care providers and are contracted with over 50 Minnesota Public Safety agencies providing wellness programming and consulting services.

<https://www.marieridgeway.com/>

Jonathan Bundt, LMFT – Masa Consulting

<https://www.masaconsulting.com/>

Hector Matascastillo, LICSW – ASC Psychological Services

Formally trained in EMDR, DBT and Healing of Memories protocol and principle-based interventions with an Adlerian theoretical orientation.

<https://www.ascpsychological.com/our-team-of-mental-health-experts/>

Amy Schweigert, PsyD, LMFT – Lodestar Psychology & Consulting

Therapist who specializes on first responders and their families.

<https://lodestarpysch.com/>

Beth Jordan, LPCC, LADC

Offers counseling, training and consulting. Previous law enforcement officer.

<https://jordancandc.com/index-bu.php>

LE-AST Services

Offers a wide array of support services, training and programs that aim to help improve the psychological well-being of individuals or organizations.

<https://www.leastservices.com/our-therapists>

Rachel Peterson, LPCC, LADC – Peterson Counseling & Consulting

Therapist and consultant working specifically with first responders. Previous Law Enforcement officer.

<http://www.petersoncnc.com/aboutme>

Empower Treatment Center

<https://www.empowerctc.com/>

Rogers Behavioral Health

PTSD Programming: Inpatient, Residential and PHP

<https://rogersbh.org/what-we-treat/ptsd>

First Responder Resources – Mental Health/Substance Use Support (Out of State)

Chateau Recovery Center in Utah.

They are known for Substance recovery, but they do everything, including PTSD. They are an intensive inpatient clinic that has a first responder specific program.

<https://www.chatearecovery.com/>

First Responder Wellness in California

Trauma-based mental health treatment for first responders.

<https://www.firstresponder-wellness.com/>

Hero's Mile in Florida

Heroes' Mile offers a full range of inpatient and outpatient programs for veterans struggling with alcohol or substance abuse and psychological challenges related to their military service.

<https://www.heroesmile.com/rehab-facility-for-veterans-by-veterans/>

Help for Heroes (Locations in Arizona, Colorado, Indiana, North Carolina, Ohio, Oklahoma, and Texas)

Mental health and Substance Use IOP and PHP programs.

<https://helpforheroes.com/locations/>

Battleboro Retreat in Vermont

Specialized treatment for stress, trauma, alcohol abuse, drug addiction, anxiety, depression, and more for Law Enforcement, Fire, Military, Veterans, EMTs, and Corrections Personnel.

<https://www.brattlebororetreat.org/>

Elements Behavioral Health in Utah

Located at Journey Healing Centers. They offer a 6-day trauma workshop specifically for first responders dealing with trauma.

<https://www.elementsbehavioralhealth.com/treatment/first-responders-trauma-treatment/>

Frontline Responder Services in California, New Jersey and Pennsylvania

Residential treatment focusing on stress, and alcohol and chemical dependency treatment for active, retired, and former first responders along with their families.

<https://frontlinerehab.com/who-we-are/>

IADD Recovery Center (IAFF members only) – located in Maryland

Provides comprehensive and best-practice treatment from clinicians who understand the types of trauma experienced by IAFF (International Association of Fire Fighters) members. The Center uses evidence-based approaches for treating post-traumatic stress, including cognitive behavior therapy and exposure therapy, as well as other activities to assist with recovery.

<https://www.iaffrecoverycenter.com/>

On Site Academy in Massachusetts

The On-Site Academy is a non-profit residential treatment and training center for critical incident stress management. We serve emergency service workers who are in distress. Our program is for all law enforcement, fire service, EMS, or other human service personnel who are themselves temporarily overwhelmed by the stress of their jobs, what they have seen, and what they have been through.

<https://onsiteacademy.org/mission/>

Princeton House Behavioral Health in New Jersey

Their First Responder Treatment Services provides a full continuum of inpatient addiction and psychological specialty services within a confidential setting for law enforcement, firefighters, paramedics, emergency medical technicians, and military veterans/personnel. We are an acute care facility with medical and psychiatric services specifically designed to treat PTSD (post-traumatic stress disorder) and chronic and acute trauma associated with critical incidents that First Responders confront in the performance of their work.

<https://www.princetonhcs.org/care-services/princeton-house-behavioral-health/treatment-programs/first-responder-treatment-services>

Transformations First Responder Program in Florida

Dual diagnosis program led by a first responder who is also a masters-level therapist. 12-step program based with a variety of additional therapy modalities used. Option of partial hospitalization or intensive outpatient treatment.

<https://www.transformationstreatment.center/resources/first-responders-veterans/>

TRR Warrior Camp in New York

The mission of Warrior Camp® is to create an environment in which the trauma of war can be addressed. Warrior Camp (WC) is a week-long retreat located in serene and secluded locations that foster the development of a close-knit community within which healing can occur. They include a healthy balance of trauma therapy, relaxation and leisure activities.

<https://trrhelp.org/warrior-camp>

Warriors Ascent in Missouri

Specializes in first responders and military veterans who have experienced moral trauma. Their primary program is a free 5 day retreat focused on holistic healing. They offer separate sessions for males and females.

<https://www.warriorsascent.org/>

Warriors Heart in Texas

Bandera, TX – Specializes in a range of treatment options for first responders and military veterans. Programs include a dual diagnosis 28 day inpatient program, plus outpatient and sober living programs.

<https://www.warriorsheart.com/>

West Coast Post-Trauma Retreat in California, Washington, Oregon, Kansas and Indiana

San Rafael, CA – The WCPR residential program provides an educational experience designed to help current and retired first responders, recognize the signs and symptoms of work-related stress including post traumatic stress disorder (PTSD) in themselves and in others.

<https://www.frsn.org/west-coast-post-trauma-retreat.html>

11th Hour Trauma Retreat in Florida

The 11th Hour Trauma Retreat is an intensive PTSD/Trauma resolution therapy program specifically designed to help first responders, veterans and their families who have been affected by trauma.

<https://www.11thhourretreat.com/>

Boulder Crest in Virginia and Arizona.

Programs for members of the military, veterans, first responders and their families.

<https://bouldercrest.org/>

Military and Veteran Resources – General Support

Every Third Saturday

-FREE resource store (clothing, hygiene items, etc).

-Weekly Support groups

-Warriors Return (5 week course that focuses on resilience, post traumatic growth, health/wellness). Offered 5 times a year. Max group of 10 veterans. Tuesday-Friday 9am-4pm.

Examples of topics: *Suicide Prevention*, Traumatic Growth, *Aromatherapy*, Meditation, *Mental Fitness*
<https://everythirdsaturday.org/>

Disabled American Veterans (DAV)

Purpose: empowering veterans to lead high-quality lives with respect and dignity.

Benefits Advocates, Hosting Job Fairs, No-cost rides to get to and from VA medical appointments, Emergency grants to ill and injured veterans

<https://www.dav.org>

Beyond the Yellow Ribbon: Community and Corporate support networks

Vision: To synchronize community resources in support of service members and military families

<https://ngmnpublish.azurewebsites.us/btyr/>

Military OneSource

One Stop Shop: Tax Services, Spouse Employment Help, Relocation and Deployment Tools, Health and Wellness Coaching, Non-Medical Counseling, Peer to Peer Support

<https://www.militaryonesource.mil/>

County Veterans Service Officers (CVSO)

Purpose: To ensure that all Veterans, their families and survivors receive all of the benefits and services they deserve.

<https://www.macvso.org/find-a-cvso.html>

Roger Up: Services for veterans and first responders struggling with mental health

Access to outdoors resources and tools: Fishing, hunting, therapeutic retreats, snowmobiling, motorcycling, hiking and trail walking

<https://rogerup.org/>

Eagles Healing Nest: Addiction Rehabilitation

Locations in Sauk Center, MN and Redwood Falls, MN

<https://www.eagleshealingnest.org/>

Magnus Veterans Foundation

<https://magnusveteransfoundation.org/>

Family Medicine Clinic in Dayton, Mn that provides free services for veterans and their family members.

Give an Hour

An organization that matches therapy providers and military services members and their family members. Therapy providers will donate services to those in need.

Project Delta:

Pairs and trains rescue and shelter dogs to become Service Dogs

<https://project-delta.org>

Gaits of Hope: Equine Assisted Therapy

Fall in Fridays (offers Military Veterans the opportunity to be around horses.

<https://www.gaitsofhopeeal.com/>

Archangel Recovery and Reintegration Ministries

Guidance/counseling, Individualized programming, spiritual strengthening, secure living environment

<https://arrministry.org>

Welcomehome.vet

Peer to peer mentoring

<https://welcomehome.vet/>

Warriors Next Adventure

Recreational Therapy; 24/7 Suicide Hotline

<https://www.warriorsnextadventure.com/#/>

Veteran Resilience Project

12 Free EMDR sessions

<https://www.veteranresilienceproject.org/>

Solider 6

Assistance with Service Dogs

<https://www.soldiers6.com/>

Rough-n-It

Discounted Camping experience

Soldier's Angels

Services such as: Morale boosting care packages, Food assistance, Holiday Adopt-A-Family program, etc.

<https://soldiersangels.org/>

Veterans Yoga Project

Free yoga classes

<https://veteransyogaproject.org/>

Camp Bliss

Veteran and family retreats

<https://campbliss.org/>

Project New Hope

Veteran family retreats

<http://www.projectnewhope.net/welcome.aspx>

MACV

Housing, Employment and Legal services

<https://www.mac-v.org/>

Hero Care program through Regions Hospital

Assists in connecting individuals to mental health services, medical care and resources specific to service member and Veteran needs.

<https://www.healthpartners.com/care/hospitals/regions/specialties/mental-health/herocare-program/>

Silent Warrior Project:

Non profit that hosts spiritual retreats for veterans and provide tools to help them reduce stress through a daily practice of meditation and contemplative silent reflection

<https://www.silentwarriorproject.org/>

Wounded Warrior Project

Peer Support; Workshops, Coaching, Educational Resources, Fitness & Wellness challenges, etc.

<https://www.woundedwarriorproject.org>

PsychArmor

Courses for health care providers and spouses/caregivers

<https://learn.psycharmor.org/pages/courses-for-caregivers>

Outdoor Warrior Nation

Peer Support, Recreational Activities

Abijah's Off Track Thoroughbreds for Mental Health

Free Equine Therapy

First Responder Resources – Apps

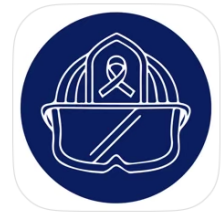


Powerline:

Peer-driven wellness app for law enforcement.

Alcohol Use & Misuse – Providers:

An app for firefighters to address alcohol abuse in the fire service. Firefighters will learn skills for assessing and managing their alcohol use.



PTSD Coach

Designed by the National Center for PTSD (a division of the VA). PTSD Coach provides information about diagnosing and treating PTSD, the ability to track symptoms, information on handling stress, and direct links to support and help.

MilProvider

Service providers can find and share important resources with the military community they serve. Download the app to:
Browse a list of popular Military OneSource resources.
Sort by topic or format to discover relevant offerings.
Send resources by email or text message with a quick click.



Mindfulness Coach

Designed initially to help Veterans, but useful for all protectors. The app provides a gradual, self-guided training program designed to help you understand and adopt a simple mindfulness practice.