

MENTAL HEALTH RESOURCES for TELECOMMUNICATORS

First Responders Support Services

1612 S Harvard, Tulsa, OK
(918) 749-0034

Abby Shaw, Communications Supervisor

City of Glenpool 9-1-1
Support for Dispatchers
918-807-9561

National Suicide Prevention Lifeline

800-273-8255 (24hr)

Crisis Text line, text Talk to 8255

[Survivors of Suicide](#)

[Pain Behind the Badge](#)

[American Foundation of Suicide Prevention](#)

[US Dept. of Veteran Affairs](#)

[Military One Source](#)

[NAMI.org](#)

<https://www.nami.org/Your-Journey/Frontline-Professionals/Public-Safety-Professionals>

The 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.

Supportive resources for public safety professionals can range broadly in what they offer. It is important to have options, but sometimes professional mental health support is necessary to address what you're going through.

Virtual Support Services

There are number of free, confidential and virtual support services available for public safety professionals. You can access these services without concern for your career, and they are staffed with professionals who understand your line of work. Find one that is right for you.

- [9-1-1 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.

MENTAL HEALTH RESOURCES for TELECOMMUNICATORS

- [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, support and family programs.
- [First Responder Center](#) offers tailored health and wellness resources.

Peer Support

Not everyone can talk about the topics and issues that first responders encounter. You see and experience things that are unthinkable to most, and that's why peer support is important. Your peers know what it's like, they share your perspective and they are ready to help their fellow responders stand strong. You are not alone.

- [American Academy of Experts in Traumatic Stress](#) offers online support groups for emergency responders and health care workers.
- [Hero First](#) offers a warm line, 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.
- [9-1-1 Operators Peer Support on Facebook](#) is a source to connect with others and find additional resources.

Support for Family Members of First Responders

MENTAL HEALTH RESOURCES for TELECOMMUNICATORS

Being a family member of a first responder can be [difficult](#), especially now. You worry about their health and safety, as well as how their challenging career impacts your family. With the added concern of COVID-19, the worry can feel overwhelming. It is important to have resources and support.

You may find it rewarding to begin a support network for families of public safety professionals in your area, or even sharing resources and support with others on social media. If you have no-cost resources you would like others to know about, please send them to frontlineresources@nami.org.

- [The All Clear Foundation](#) provides a comprehensive resource database dedicated to improving the life expectancy and well-being of emergency responders and their families.
- [Bulletproof](#) links you to confidential and anonymous resources that offers law enforcement professionals and their families mental health and wellness resources.
- [International Association of Chiefs of Police](#) offers an Employee and Family Wellness Guide.
- [National Fallen Firefighters Foundation](#) provides resources, support, and family programs.
- [Safe Call Now](#) provides first responders and their families with confidential support, 24 hours.
- [How2LoveOurCops](#) offers resources for law enforcement families.
- [CrewCare](#) is a resilience focused app for first responders and healthcare professionals.
- [Staying Connected](#) by Dr. Stephen Durant is a brief video for first responders.
- [Happify](#) offers engaging activities to reframe negative thinking and improve stress response.
- [Badges United Foundation](#) provides support, wellness services and events for first responders and their families.
- [Policing Matters Podcast](#) is a Police 1 podcast promoting mental wellness in law enforcement.
- [Fitness Preparation](#) is a fitness app integrating mind and body resiliency.
- [First Responders Bible and Spiritual Fitness Manual](#) is free for first responders.
- [Road to Resilience Podcast](#) is a presentation series on resilience, from the Icahn School of Medicine at Mount Sinai.
- [Heroes Health](#) is a free mobile app from the UNC School of Medicine. It helps health care professionals and first responders monitor their mental health and gain access to mental health resources.
- [First Responder Friday](#) is a weekly podcast featuring public safety professionals and experts discussing a variety of topics related to first responder traumatic stress.
- [Share The Load Program](#) provides resources for firefighters and EMT's, including a comprehensive provider directory of vetted behavioral health professionals trained and experienced in working with first responders. Also offered are family resources, articles, videos and training.

[All Clear Foundation](#)

MENTAL HEALTH RESOURCES for TELECOMMUNICATORS

All Clear Foundation has created solutions to address the personal and profession needs of Responders and their loved ones. The solutions directory will connect you to support resources that positively benefit your individual situation.

[Supporting First Responders Kristin Boyles Podcast](#)

Podcast:

Supporting first responders. Kristin Boyles, Dispatcher for the City of Lenexa, Kansas, joined on the podcast to discuss the Mid-America Regional Council's 9-1-1 Peer Support Program. She shared why it is important for dispatchers to get that support and how 911 calls affect call takers. She also talked about the training that peer supporters receive and how they work with people seeking help.

[International Critical Incident Stress Foundation, Inc.](#) *The mission of the International Critical Incident Stress Foundation, Inc. is to be the leader in providing education, training, consultation, and support services in comprehensive crisis intervention and disaster behavioral health services to emergency responders, and other professions, organizations and communities worldwide.*

[Vibrant Emotional Health](#)

We work with individuals and families to help them achieve mental and emotional wellbeing. Our groundbreaking solutions deliver high quality services and support, when, where and how they need it. Our education and advocacy work shifts policy and public opinion so mental wellbeing becomes a social responsibility and is treated with the importance it deserves. We're advancing access, dignity and respect for all and revolutionizing the system for good.

[Safe Space](#)

Click "I need Help" to be taken to the next page with help with Distraction, Connection, Coping Skills - apps for breathing and calm and help with a Safety Plan.

[Out to Protect](#)

We provide training, grants for law enforcement, and scholarships to law enforcement recruits who are "out" as gay, lesbian, bi-sexual, transgender, or a straight ally and who are outstanding role models for their fellow professionals.

[LGBTQ Community of 9-1-1 Emergency Dispatchers](#)

Welcoming LGBTQ+ emergency Dispatchers and their allies from all over the world. This space is for our members to share ideas and promote equality and diversity in our industry. Although a closed group, what you post on here may be discoverable and subject to disclosure.

[Yoga For First Responders](#)

To provide first responders and military personnel with traditional yoga and critical stress management training that is culturally informed and job specific for the purposes of effectively processing stress, building resilience, and enhancing performance.

[First Responder Center](#)

MENTAL HEALTH RESOURCES for TELECOMMUNICATORS

This all-inclusive collection of informational resources can be filtered or viewed by tag, audience type or category of post. Please return from time to time, as we are always updating and adding to the content. This website is funded in whole or in part through a FEMA/Assistance to Firefighters Grant – Fire Prevention and Safety Grants.

[Crew Care Life](#)

CrewCare app was created in response to the growing concerns on mental health within the first responder industry. ImageTrend and the collaborative minds behind CrewCare are committed to making a positive impact on the mental health concerns that first responders may be dealing with. The goal of CrewCare is to provide mental health insight on an individual's stress load and associated factors, as well as grow an aggregate non-identifiable database to strengthen the emergency responder and healthcare industry by improving mental health research.

[First Responder Strong](#)

ResponderStrong is a free app, confidential space for responders and their families to take charge of their well-being and be their best in their personal and professional lives.

Out of State

MARC - Kansas City, KS/MO

[9-1-1 Peer Support Program](#)

[9-1-1 Peer Support Advisory Committee](#)

[MARC 9-1-1 System Overview](#)

[Healthy Dispatchers Make Healthy Communities](#)

Illinois

[Illinois Peer Support Team](#)