

Help is Here

Online behavioral health resources for emergency responders

suicidepreventionlifeline.org 1-800-273-TALK (8255)

Launched in 2005 by the U.S. Substance Abuse and Mental Health Services Administration and the Mental Health Association of New York City, the National Suicide Prevention Lifeline provides free and confidential 24/7 support to people in suicidal crisis or emotional distress.

nfpa.org/1500

The document information page for NFPA 1500, Fire Department Occupational Safety and Health Program, includes chapters titled “Behavioral Health and Wellness Programs” and “Occupational Exposure to Atypically Stressful Events.”

ffhba.org

This site includes information on the Firefighter Behavioral Health Alliance and on training workshops, a suicide questionnaire, and how to report firefighter and emergency medical service suicides.

flsi13.everyonegoeshome.com/

The website for the National Fallen Firefighters Foundation “Everyone Goes Home” program offers resources for officer training, peer-support, and behavioral health issues in the fire and EMS services.

nvfc.org/help

The National Volunteers Fire Council website offers reports, online training, and other resources for first responders.

impact-uw.org

IMPACT is an evidence-based depression care program developed at the University of Washington, including tools, manuals, and videos on depression treatment.

csff.org

Counseling Services for Firefighters includes resources for training senior officers and clinicians for working with first responders.

firehero.org/resources/families/survivors

The website of the Fire Service Survivor Network includes resources for families and coworkers of firefighters killed in the line of duty.

nvfc.org/help 1-888-731-FIRE (3473)

This free, confidential helpline available 24 hours a day, seven days a week to members of the fire, EMS, and rescue services and their families.

brattlebororetreat.org/usp

The Uniformed Service Program includes specialized trauma and addiction treatment for law enforcement, fire, military (active and veterans), EMS, and corrections personnel.

badgeoflife.com

A website run by the Badge of Life Police Mental Health Foundation and devoted to the psychological health of police officers nationwide.