

RESOURCES FOR HEALING

CRISIS AND PEER SUPPORT LINES

Emergency Responder Crisis Text Line - Text BADGE to 741741 Lifeline: Call 800.273.TALK (8255)

Crisis Text Line: Law enforcement text BLUE to 741741, others text TALK to 741741

Crisis Text Line - Text BLUE to 741741

Cop2Cop - 1 866-COP-2COP (267-2267)

The following resources are listed in alphabetical order, and those that Michael has personally utilized and found helpful are those that are underlined. Resources descriptions are taken from each organization's public website.

10-33 FOUNDATION

The 10-33 Foundation is staffed by current and former first responders, military members, and their families who understand firsthand the struggles of living in these career fields. We have compassion for those living this life and our mission is to offer assistance through education and crisis intervention services to provide tools to help them secure healthier lives, marriages, and careers.

<https://www.1033foundation.org/>

Phone: 707-880-0264

911 AT EASE INTERNATIONAL

Provides first responders and their family access to free, confidential, trauma-informed counseling, so those who serve our communities can be their best.

Website: 911aei.org

BLUE H.E.L.P.

It is the mission of Blue H.E.L.P. to reduce mental health stigma through education, advocate for benefits for those suffering from post-traumatic stress, acknowledge the service and sacrifice of law enforcement officers we lost to suicide, assist officers in their search for healing, and to bring awareness to suicide and mental health issues.

<https://bluehelp.org/> Email: contact@bluehelp.org

BOULDER CREST

Boulder Crest's signature PATHH ("Progressive and Alternative Training for Healing Heroes") programs teach our participants how to make peace with their past, live in the present, and begin planning for their future.

<https://bouldercrest.org/> Phone: (540) 554-2727

THE CODE 9 PROJECT

Our mission is to educate, train and advocate for the prevention of PTSD and suicide for all First Responders, Veterans and their families. We come together to help support and save the lives of those weary from saving other's lives. We come together to unite, support and connect our First Responders, Veterans Families, Organizations and Communities for each other's wellbeing.

<https://thecode9project.org/>

Phone: (929) 244-9911

COPLINE

CopLine provides peer listening through a hotline by maintaining complete confidentiality as well as anonymity if the caller chooses. We train competent, confident, committed, and compassionate retired officers to engage with callers on the daily stressors officers and their family members experience.

Website: <https://www.copline.org/> Phone: 1-800-COPLINE

FIRST RESPONDER SUPPORT NETWORK

The mission of the First Responder Support Network (FRSN) is to provide educational treatment programs to promote recovery from stress and critical incidents experienced by first responders and their families.

Website: <https://www.frsn.org/>

Email: info@frsn.org

Phone: (415) 721-9789

FRONTLINE FIRST

Through specialized training, compassion, and faith, we help first responders, military personnel, and the community effectively prepare for, deal with, and reduce the emotional injury caused by crisis and trauma.

Website: <https://frontlinefirst.org/>

Email: info@frontlinefirst.org

Phone: (916) 259-9987

MIGHTY OAKS

Mighty Oaks provides peer-to-peer resiliency and recovery programs that serve as the catalyst to assist our Nation's Warriors dealing with challenges related to the struggles of daily military life, combat deployments and the symptoms of post-traumatic stress (PTS) offered at no cost to our Nation's Warriors, including travel at beautiful ranches across the US.

Website: <https://www.mightyoaksprograms.org/>

MISSION 22

Mission 22 is dedicated to healing America's veterans when they need it most — right now. We offer treatment for Post-Traumatic Stress and Traumatic Brain Injury and all of the issues veterans are facing today.

Website: <https://mission22.com/>

Phone: (503) 908-8505

OSI CANADA (For Canada)

We at OSI-CAN do not see PTSD or Post-Traumatic Stress Disorder as a Disorder, we see it as an Injury you can recover from. If you are suffering from the symptoms of an Occupational or Operational Stress Injury, then a PTSD or PTSI diagnosis is not required to get our help!

Website: <https://www.osi-can.ca/>

SAFE CALL NOW

Safe Call Now is a confidential, comprehensive, 24-hour crisis line and support service for first responders, emergency services personnel, medical professionals and their family members nationwide. Safe Call Now provides education, support, healthy alternatives and resources to save lives and put families back together.

Website: <https://www.safecallnowusa.org/>

Phone: 206-459-3020

SAVE-A-WARRIOR

Save-a-Warrior offers an alternative holistic service that equips veterans, military personnel, police, firefighters and other first responders with a community of support and effective techniques to overcome the symptoms and addictions associated with Complex Post-Traumatic Stress.

Website: <https://saveawarrior.org/>

STELLA (FOR STELLATE GANGLION BLOCK)

STELLA has a nationwide network of clinics that provides cutting edge treatment for Post-Traumatic Stress Symptoms. STELLA is based on the understanding that trauma causes a biological injury, which can be healed with the right treatments and the right support. Stella provides treatments like Stellate Ganglion Block and Ketamine. When STELLA treatments are used in combination with other programs, such as Mission 22's recovery + resiliency program, first responders can achieve long-lasting healing from trauma.

Website: www.stellacenter.com

THE WEST COAST POST-TRAUMA RETREAT (WCPR)

The WCPR program is for first responders whose lives have been affected by their work experience. 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. FRSN prefers to identify PTSD as a post-traumatic stress injury.

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

Email: info@frsn.org

Phone: (415) 721-9789

THE WOUNDED BLUE

The WOUNDED BLUE offers a national peer advocate support team to provide The Wounded Blue with support, guidance and resources, “Camp Blue,” a retreat for injured and disabled officers for peer support and their families, as well as emergency financial aid, mental/emotional health treatment referrals, legal assistance referrals, membership benefits of medical/dental discounts, and access to private anonymous mental health treatment.

Website: <https://www.thewoundedblue.org/>

RESOURCES FOR FIREFIGHTERS

International Association of Fire Fighters Recovery Center - 866-965-3074

Firefighter Suicide Hotline - 800.273.8255 FIRE/EMS Helpline -

1.888.731.FIRE (3473)

Doc Springer’s Website (where photos mentioned in this book and many additional resources are listed) – www.docshaunaspringer.com