

Mental Health Resources and Education

Jefferson Digital Commons- Education

A collection of research submissions from mental health professionals with videos. A lot of good videos on here for education.

<https://jdc.jefferson.edu/phbgr/>

Science to the Station- Education

A community of scientists , health clinicians , & fire/EMS   providers providing critical information to improve the safety & health of responders.

<https://www.science2station.org/>

Man Therapy – Resource

Man Therapy is an evidence-based, decades-long, multidisciplinary effort to break through stigma, improve help-seeking behavior and reduce male suicide. And he's got the stats to back it up.

www.Mantherapy.org

Safe Call Now- Resource

Safe Call Now: (206)459-3020. This confidential, comprehensive, 24-hour crisis referral service is for all public safety employees, all emergency services personnel and their family members nationwide. Click on logo to call now.

NextRung- Resource

Overwhelmingly, our desire is to provide resources for our brothers and sisters so they can take ACTION. Awareness is great, but just like words with out action are dead, so is awareness without proper resources. So if you or a firefighter/first responder you know is in need, simply text

“SUPPORT” to [1-833-698-7864](tel:1-833-698-7864)

and we promise to walk with you through whatever it is you're facing.

Peer Support Help Line
(Text SUPPORT To 1.833.698.7864)
Professional Counseling
(Text COUNSELING To 1.833.698.7864)
Professional Treatment Against Addiction
(Text TREATMENT to 1.833.698.7864)

<https://www.nextrung.org/copy-of-about-us>

First Responder Center For Excellence- Education

The FRCE is dedicated to protecting the lives and livelihoods of first responders, nationwide. Our education and research initiatives constantly shed new light on challenges to the health, safety and well-being of firefighters, EMS personnel and other first responders. It's all with the goal of reducing line-of-duty injuries and deaths as well as occupational illnesses.

A collection of resources from suicide to cancer to health and fitness.

<https://firstrespondercenter.org/>

Reporting on Suicide- Resource

Resource for education, training, and reporting on suicide.

<https://reportingonsuicide.org/>

988- Resource

At the 988 Suicide & Crisis Lifeline, we understand that life's challenges can sometimes be difficult. Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, our caring counselors are here for you. You are not alone.

<https://988lifeline.org/>

Suicide Prevention Resource Center- Resource

Large online library for suicide prevention resources.

<https://sprc.org/state>

Second Alarm Project- Resource (APP)

The 2nd Alarm Project® is a nonprofit organization that offers comprehensive, evidence-based resiliency programs and services to support the mental health of first responders. What began in 2019 after Hurricane Michael as a SAMHSA grant to support NW Florida fire service members has grown to serve as a comprehensive resource for first responders and their families throughout the state of Florida and beyond.

Resource from Florida but a great FREE APP with a lot of good information

<https://2ndalarmproject.org/>

IAFF Behavioral Health- Resource/ Training

Resources from the IAFF, you can also find access to Free peer support and resiliency training here.

<https://www.iaff.org/behavioral-health/>

Illinois Firefighter Peer Support- Resource

Firefighters are never alone. We are brothers and sisters from across the state, coming together to form a support network for the mental and physical health of our fellow firefighters with trained assistance. We've been where you are, and understand your battles. We're here to answer your call.

Can help you get in touch with a peer for a variety of issues. <https://www.ilffps.org/>

Local Resources

100 Club of Illinois

The 100 Club of Illinois provides resources, several forms of financial support, access to training, and moral support to both the families of first responders killed in the line of duty and active duty first responders throughout the state of Illinois. All sworn federal, state, county and local first responders stationed in Illinois are included.

<https://www.100clubil.org/>

Front Line Care Center

We serve Lake County and surrounding communities to help those who have served and sacrificed for our communities and country. As the first program of its kind in the area, we are committed to supporting current and former first responders, active duty, reservists, and veterans of the armed forces, along with their families, who are experiencing mental health challenges and overwhelming symptoms.

Located in Round Lake next to the Ace Hardware

<https://frontlinecarecenter.org/>

