

RESOURCES FOR FIRE, EMS AND 911 WORKERS STRUGGLING WITH PRESSURES AND STRESSES OF BEING A FIRST RESPONDER

On a regular basis Firefighters, EMTs, and 911 Telecommunicators are met with stressful, violent, and gruesome situations. Are you currently struggling or in crisis? Do you need someone to talk to? Below are some resources always available to you.

By Phone:

- Contact your agency's Employee Assistance Program
- **Safe Call Now** > 206-459-3020
- Crisis Text Line > text HOME or BADGE to 741741
- **National Suicide Prevention Lifeline** > 1-800-273-TALK (8255)

Visit Online:

- Visit **1stHelp.net**
- Directory of local Behavioral Health Professionals through the Firefighter Behavioral Health Alliance at **ffbha.org**.
- National Suicide Prevention Lifeline > **Chat Online**

Listen Online: An informative podcast series about the pressures faced by first responders, warning signs, and resources that are available to help. Each episode is noted below.

- **101: The Stresses of the Front Lines – Fire, EMS and 911**
- **102: The Stress Bucket**
- **103: Providing Support – Professionals, Peers, Families**



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