MINES & ASSOCIATES
A National Business Psychology Firm
www.MINESandAssociates.com
Employee Assistance Programs
Managed Behavioral Healthcare
Specialty Behavioral Health Network
Corporate Address: 10367 West Centennial Road | Littleton CO 80127
Toll-Free: 800-873-7138 | Local: 303-832-1068 | Fax: 303-832-9701

Suicide Prevention/Depression Resources for First Responders

There is a lot of information out there on Suicide, Mental Health, and First Responders, if you know where to look. We wanted to provide some great resources to you on this topic.

Websites

Samhsa Article on Behavioral Health Concerns in First Responders:
https://www.samhsa.gov/sites/default/files/dtac/supplementalresearchbulletin-firstresponders-may2018.pdf

International Association of Fire Fighters Resources:
www.iaff.org/coronavirus/#behavioral-health-resources

International Association of Fire Fighters Center of Excellence Treatment Center Resources:
www.iaffrecoverycenter.com/continuing-education/

Understanding PTSD:
Part 1: https://www.youtube.com/watch?v=VHTKHgRuZQM&feature=youtu.be
Part 2: https://www.youtube.com/watch?v=TXJidkhb3Ak&feature=youtu.be

Cops and PTSD by Ellen Kirschman:
https://www.psychologytoday.com/us/blog/cop-doc/201706/cops-and-ptsd-0

Betrayal and Cops by Ellen Kirschman:
https://www.psychologytoday.com/us/blog/cop-doc/201806/betrayal-the-hidden-driver-ptsd-cops

Cops and Barriers to Treatment by Ellen Kirschman:
https://www.psychologytoday.com/us/blog/cop-doc/201712/when-cops-need-help-why-does-it-take-them-so-long-get-it

Center for Deployment Psychology webinar on firearms and suicide:
https://deploymentpsych.org/Firearms-and-Suicide-Archive

Behavioral health resource for treatment providers and first responders:
https://responderstrong.org/

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What it's like to be a first responder:
https://www.youtube.com/watch?v=tyHGW7hXejM&feature=youtu.be
https://www.sc4i.org/lifelines
https://www.youtube.com/watch?v=nBoyPxCMiHQ&feature=youtu.be

Real Warriors Signs of Suicide and Depression:
https://www.realwarriors.net/depression-suicide

Infographic on PTSD:
https://www.joinipsa.org/resources/Publications/IPSA%20PTS%20InfoGraphic%202018.pdf

Suicide Hotline Information:
www.suicide.org/suicide-hotlines.html

Foundation 1023 Resources:
https://foundation1023.org

Articles and Books

Counseling Cops: What Clinicians Need to Know by Ellen Kirschman, Mark Kaemna, & Joel Fay
Confronting Suicide in the Fire Service by The National Fallen Firefighters Foundation
Depression and Suicide White Paper by Gist, Taylor, & Raak
I Love a Firefighter by Ellen Kirschman
Increasing Resilience in Police and Emergency Personnel by Dr. Stephanie Conn
Suicide: A Guide for Clinicians by The National Fallen Firefighters Foundation

Hotlines and Other Resources for First Responders

Text "BADGE" to **741741**

Safe Call Now: **1-877-230-6060**

Fire/EMS Helpine: **1-888-731-FIRE (3473)**

Copline: **1-800-267-5463**

National Suicide Prevention Line: **1-800-273-8255**

Colorado Crisis and Support Line: **1-844-493-8255**

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