

Law Enforcement Crisis Hotlines

Cop Line

800-267-5463

Is a not-for-profit organization dedicated to serving law enforcement officers and their families by providing 24/7 trained peer support for crisis intervention along with referrals to specifically skilled mental health professionals for follow up and continued assistance.

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

Crisis Text Line

Text HOME to 741741

Text HOME to 741741 from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

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

Suicide & Crisis Lifeline

DIAL 988

We can all help prevent suicide. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

<https://988lifeline.org/>

Substance Abuse and Mental Health Services Administration (SAMHSA)

800-662-4357 (HELP)

First responders face an increased risk of experiencing behavioral health issues including mental illnesses and substance use disorders. Fear of being seen as weak or not up to the job of a first responder keeps many from seeking help. Responders can build their resilience by increasing awareness about risk factors and warning signs, talking with each other, and using healthy coping strategies.

<https://www.samhsa.gov/dtac/disaster-responders>

National Suicide Prevention Lifeline

800-273-8255

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

<https://suicidepreventionlifeline.org/>



Law Enforcement Crisis Hotlines Cont...

Crisis Text Line

Text “Help” to 741741

Text from anywhere in the USA to text with a trained Crisis Counselor. Every texter is connected with a Crisis Counselor, a real-life human being trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving. All of Crisis Text Line's Crisis Counselors are volunteers, donating their time to helping people in crisis.

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

Concerns of Police Survivors (C.O.P.S.)

614-446-0915

Each year, between 140 and 160 officers are killed in the line of duty and their families and co-workers are left to cope with the tragic loss. C.O.P.S. provides resources to help them rebuild their shattered lives. Today, C.O.P.S. membership is over 51,000 survivors. Survivors include spouses, children, parents, siblings, significant others, and co-workers of officers who have died in the line of duty according to Federal government criteria. C.O.P.S. knows that a survivor's level of distress is directly affected by the agency's response to the tragedy. C.O.P.S., therefore, offers training and assistance to law enforcement agencies nationwide on how to respond to the tragic loss of a member of the law enforcement profession. C.O.P.S. is a 501(c)(3) non-profit organization. C.O.P.S. programs and services are funded by grants and donations.

<https://www.concernsofpolicesurvivors.org/aboutcops>

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. Blue H.E.L.P. also serves as a resource for information and statistics related to the suicides by law enforcement personnel.

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

Alcoholics Anonymous

Alcoholics Anonymous helps people find local AA meetings and provides resources for alcohol addiction.

<https://alcoholicsanonymous.com/>

Rehabs.org

Provides info for people at any stage of their recovery journey, including resources/treatment, warning signs, talking to a family member, and definitions of different types of treatment.

<https://rehabs.org/>



Law Enforcement Crisis Hotlines Cont....

Addictions.com

Is very similar to rehabs.org and provides general resources for a variety of addictions along with a local treatment center directory similar to how AA helps people find local AA Meetings.

<https://www.addictions.com/>

Narcotics.com is very similar to AA and provides resources for a variety of narcotics addictions along with a local meeting directory for people looking to attend narcotics anonymous (NA) meetings.

<https://www.narcotics.com/>

FOP Website

Locate a a provider or program

The practitioners, programs and products listed on this resource have been deemed by the National FOP Officer Wellness Committee to be culturally competent in working with members of law enforcement and have demonstrated sensitivity and expertise in understanding the unique culture of law enforcement. Each has earned the designation of FOP Vetted & Approved Wellness Provider. Providers and programs are being added on an ongoing basis as they continue to vet resources to expand this network

<https://fop.net/officer-wellness/providers/>



Law Enforcement Resources State of Ohio

Frontline / First Responder Warmline

216-400-8021

Primarily focused on First Responders in the Cuyahoga County, Ohio area but are available to assist any First Responder. Available 7 days a week from 4PM to 12M. Program allows First Responders to speak to trained personnel to provide anonymous support for PTS/PTSD, stress, coping skills as well as information and referrals.

www.thrivepeersupport.com

Ohio Office of First Responder Wellness

Ohio Department of Public Safety / Office of Criminal Justice Services

614-466-4470 / 614-949-2428

Ohio First Responders stand ready to protect, defend and provide life-saving services to the citizens of the State of Ohio, 24 hours a day, 365 days a year. Often, this can put them at risk, both physically and mentally. The Ohio Department of Public Safety / Office of Criminal Justice Services support all of Ohio's 92,000+ Law Enforcement, Fire, EMS, Corrections and Dispatch personnel. As of July 1, 2021, Steven M. Click serves as the Director for the Ohio Office of First Responder Wellness.

<https://publicsafety.ohio.gov/what-we-do/our-programs/first-responder-wellness>

Stclick@dps.ohio.gov

Ohio Mental Health and Addiction Services

614-906-1871

OhioMHAS' First Responder Liaison serves as a resource to first responders, their agencies, Ohio's

vast network of behavioral healthcare providers and the community at large and is available for trainings

and information.

<https://mha.ohio.gov/Schools-and-Communities/First-Responders>

Nicole.Riley@mha.ohio.gov



OHIO Continued....

Pinpoint Behavioral Health Solutions

513-520-2532

Our team at Pinpoint, primarily serves emergency responders, military and their families. With our personal backgrounds, we are able to understand the cultural norms of your life and able to quickly assist you in meeting your needs. We understand the work-shift life and have flexibility in our schedule to meet your needs.

We are licensed in Kentucky, Ohio, Indiana and Florida with offices in Ohio and Kentucky. We are also available via online and have the ability to travel to you! Clinicians specialize in individual counseling, family counseling, EMDR, & Equestrian Therapy

Alison Fienning, MSW, LISW-S

Info@pinpointbhs.com

8050 Beckett Center Dr. Suite 105
West Chester, OH 45069

Professional Counseling Services of Ohio, LLC

(937) 750-9590

Carla Urbanas is a Licensed Professional Clinical Counselor with Supervisory designation and a Licensed Independent Chemical Dependency Counselor. She is certified in EMDR, certified as a Trauma Treatment Specialist, and is a certified Paramedic in Ohio. She specializes in working with Police, Fire, and Military Personnel, critical incident stress debriefings and trauma. She currently sits on the board of directors of The Association of Traumatic Stress Specialists. She is the clinical consultant for several local peer support teams and she regularly presents on topics such as EMDR, CISM, and peer support.

<https://www.136peersupport.org/resources-near-you/>

Kettering Behavioral Health

(937) 334-0733

Contact a Clinician 24 hours a day to ask questions regarding services including direct admit, receive assistance and consultation. After the Call is an intensive outpatient program specializing in first responder health. After the call is a 9-12 hour per week intensive group therapy program approximately 4-6 weeks in length. Participants have the opportunity to meet individually with a therapist, psychiatrist, or nurse practitioner to ensure goals are being met. Julie Manuel is part of the Local 136 Peer Support Team. Moraine, OH 45439

<https://www.136peersupport.org/resources-near-you/>



OHIO Continued....

Premier Health Services for First Responders

(937) 224-4646

Premier Health offers a behavioral health program for first responders struggling with anxiety, post-traumatic stress, drug/alcohol abuse and other mental health issues. This program protects the privacy of first responders by bypassing the emergency department and directly connecting them with behavioral health programs and services throughout Premier Health.

One Call Activates Streamlined Process

The first responder may make the call or as a Peer Support Team member, you can call on behalf of him/her. Let our staff know that you are a first responder/ Peer Support Team member. After a rapid assessment is completed over the phone, our staff will triage appropriately, as described below. While our program is designed to bypass the emergency department, in the event the team member needs emergency care, please call ahead (same number) so we can ensure a discrete entry plan.

The University of Cincinnati Stress Center

513-585-5872

The Stress Center at UC Health is dedicated to caring for families living with post-traumatic stress disorder (PTSD). Our goal is to decrease the negative impact of PTSD and help local families resume a healthy life. We want to ensure families have access to the resources and support they need to cope after a traumatic event. The center brings together clinicians at UC Health, Cincinnati Children's Hospital Medical Center and the Cincinnati Department of Veterans Affairs Medical Center to optimize the understanding and treatment of traumatic stress and the degree to which clinical activities are coordinated, evaluated and disseminated.

We understand that PTSD not only affects the diagnosed individual, but his/her entire family as well. That is why our goal is provide an individualized, comprehensive treatment approach to ensure the entire family receives the care needed to resume and maintain a healthy life.

<https://www.uchealth.com/stress-center/>

Buckeye Trama Network

Up to 6 Free CONFIDENTIAL sessions

Services provided by licensed mental health professionals utilizing specialized EMDR protocols for crisis situations.

EMDR (eye movement desensitization reprocessing) is an evidenced-based psychotherapy. Created 30 years ago, it has been endorsed by the American Psychiatric Association, Department of Veteran Affairs, and the World Health Organization as effective. It is also listed on SAMSA's National Registry of Evidence-Based Programs and Practices.

To initiate contact, email Buckeyetraumaresponsenetwork@gmail.com

<https://www.buckeyetrn.com/>



OHIO Continued....

First Responders' Bridge

MARRIAGE, TRAUMA, RESILIENCY CONFERENCE

614-271-4981

First Responders' Bridge offers a FREE retreat where active and retired first responders, corrections officers, and dispatchers and their spouses can work towards emotional health and healing in a safe and confidential environment.

<https://firstrespondersbridge.org/>

Ohio Assist

TRAUMA, RESILIENCY RETREAT

(614) 466-2660

The Ohio ASSIST Post Critical Incident Seminar (PCIS) is a free 3 ½ day program that provides counseling, peer support and education for Ohio's safety services personnel. Participants can be active or retired and a support person is able to attend with them at no cost.

<https://statepatrol.ohio.gov/about-us/ohio-assist/>

Heroic Deeds

CONFERENCE

(937) 234-7112

The Responders in Faith Conference, a conference where First Responders are celebrated, honored, and loved. A non-denominational safe space to connect in an open and honest way. Their mission is to help first responders reach their full potential in God, find healing, and impact their world for Christ.

Contact: info@heroicdeeds.org

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

Phoenix Project

RESILIENCY

Symposium that serves as a platform for experts, first responders, and community leaders to come together, exchange ideas, learn about local resources, and explore innovative solutions to address the mental health challenges faced by our local heroes.

<https://thephoenixproject.life/>



NATIONWIDE

Mighty Oaks Foundation

TRAUMA, RESILIENCY RETREAT- NATIONWIDE

(832) 205-8550

Mighty Oaks provides peer-to-peer resiliency and recovery programs that serve that utilize instructional sessions, camaraderie, and team-building activities that are designed to challenge First Responders to overcome their past experiences and move forward into a life of purpose

Email: Info@MightyOaksPrograms.org

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

Email: Info@MightyOaksPrograms.org

Save a Warrior

TRAUMA, RESILIENCY RETREAT- NATIONWIDE

Pioneered by experienced warriors, SAW is an evidence-based intervention for active duty military, returning veterans, and first responders who feel desperately alone. A holistic approach integrating proven methods and a supportive community to address the challenges related to Complex Post-Traumatic Stress, SAW represents a heroic invitation for healing that has resonated with you throughout your life

<https://saveawarrior.org/>

Bless the Badge

MARRIAGE, FAMILY, RESILIENCY - NATIONWIDE

In partnership with the National Association of Marriage Enhancement, they provide free Tactical Relationship Training to help law enforcement couples strengthen their marriages. They achieve this through conferences, Law Enforcement Cruises, workshops, couples coaching and more

<https://blessthebadge.net/>