

## 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>

## Law Enforcement Crisis Hotlines Cont...

### **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/>

### **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/>

## Law Enforcement Crisis Hotlines Cont...

### **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/>

### **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/>

### **Locate a vetted and approved provider**

The practitioners, programs and products listed on this website 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/>

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## Resources by State

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### 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](http://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](mailto: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](mailto: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](mailto: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/>

## Resources by State

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### NEW JERSEY

#### **COP 2 COP**

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

For help 24 hours a day

#### **Confidential HelpLine for New Jersey Law Enforcement Officers**

You probably chose law enforcement as a career because you wanted to help people. But where can you go when you need help? COP 2 COP is a new, free and confidential 24-hour telephone HelpLine. It is available exclusively for law enforcement officers and their families to help deal with personal or job related stress and behavioral healthcare issues.

<https://njfop.org/cop2cop>