



Office of  
Mental Health



# Behavioral Health Resource List for Uniformed Personnel:

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# Crisis Numbers

## **National Suicide Prevention Lifeline: 1-800-273-8255**

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.

## **Crisis Text: Text Got5 to 741741**

Crisis Text Line provides free, 24/7 support via text message.

## **Veterans Crisis Line & Text: 1-800-273-8255 and Press 1 or Text 838255**

Caring, qualified responders at the Veterans Crisis Line are here to help. Confidential call, text, or chat for Veterans. Find resources near you. Available 24/7. 100% Confidential. Free Support. For Veterans & Supporters.

## **NY Project HOPE: 1-844-863-9314**

NY Project Hope Is New York's COVID-19 Emotional Support Helpline. Find resources that can help you with change during COVID.

## **Safe Call Now: 206-459-3020**

Safe Call Now is a CONFIDENTIAL, comprehensive, 24-hour crisis referral service for all public safety employees, all emergency services personnel, and their family members nationwide.

## **The TREVOR Project: To get connected to a counselor call: 1-866-488-7386**

The Trevor Project is an American nonprofit organization founded in 1998 focused on suicide prevention efforts among lesbian, gay, bisexual, transgender, queer, and questioning youth. Through a toll-free telephone number, it operates The Trevor Lifeline, a confidential service that offers trained counselors. Suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth.

# Resources for Veterans

## New York - Veteran Service Organizations

- [American Legion](#): 212-807-3066
- [AMVETS](#): 212-807-3178
- [Disabled American Veterans](#): 212-807-3157
- [New York State Division of Veterans' Affairs](#): 212-807-3162
- [Paralyzed Veterans of America](#): 212-807-3114
- [Military Order of the Purple Heart](#): 212-807-3009

## Wounded Warrior Project

Veterans and service members who incurred a physical or mental injury, illness, or wound while serving in the military on or after September 11, 2001. You are our focus. You are our mission.

## NYS VA Suicide Prevention Coordinators

Specially trained Suicide Prevention Coordinators or teams are available at all VA Medical Centers across the country.

## NYS Governor's Challenge

The Governor's Challenge focuses on preventing suicide among Service Members, Veterans and their Families.

## NYS Division of Veterans' Services

### Department of Veterans' Services ([nyc.gov](#))

DVS provides New York City's Veterans with essential services and programs focused on pivotal areas such as economic empowerment, housing security, benefits, health and wellness, and culture.

## VetConnectNYC - Unite NYC ([uniteus.com](#))

The New York City Department of Veterans' Services (NYC DVS) launched VetConnectNYC to connect service members, veterans, survivors, caregivers, and military families to the services that are right for them. DVS Care Coordinators receive all requests made through VetConnectNYC and process them within 3-5 business days.

## Resources for Veterans (cont.)

### The Columbia Lighthouse Project

Suicide Screening Tool

### Research and Recognition Project

### HeadStrong

Headstrong provides at no expense, confidential and stigma-free mental health treatment for military members, veterans, and their families regardless of service era or discharge.

### National Center for PTSD

We are the world's leading research and educational center of excellence on PTSD and traumatic stress. PTSD is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident, or sexual assault. It's normal to have upsetting memories, feel on edge, or have trouble sleeping after this type of event. If symptoms last more than a few months, it may be PTSD. The good news is that there are effective treatments.

### Women Veterans Network (WoVeN)

A unique social network of women Veterans to foster connections and build relationships in local communities and across the nation.

### David Lynch Foundation - Transcendental Meditation

Operation Warrior Wellness (OWW), a division of the David Lynch Foundation, offers the Transcendental Meditation-based Resilient Warrior Program, a simple, easy-to-learn, evidence-based approach to relieving symptoms of PTS and major depression and developing greater resilience to stress.

### Vets 4 Warriors 855-838-8255

24/7 confidential peer support network. Phone, chat, text, email for Veterans, service members, family members, caregivers.

### Psychological Health Resource Center 866-966-1020

24/7 phone, chat, email for service members, veterans, family, commanders, or anyone with questions about psychological health in the military.

# Resources for Firefighters

## **Share the Load Fire/EMS Helpline 1-888-731-FIRE (3473) & Additional Supports on Web**

The NVFC's Share the Load™ program provides access to critical resources and information to help first responders and their families manage and overcome personal and work-related problems. This includes the Directory of Behavioral Health Professionals as a resource to find local assistance for behavioral health issues.

## **NYS Association of Fire Chiefs Firefighter Behavioral Health Resource Center**

The New York State Association of Fire Chiefs has developed this web page with resources and tips for what you and your department can and should do to protect the physical and mental wellbeing of your members.

## **IAFF - Behavioral Health Program**

The stresses faced by fire fighters, paramedics and EMTs throughout the course of their careers – incidents involving children, violence, inherent dangers of firefighting and other potentially traumatic events – can have a cumulative impact on mental health and well-being. The IAFF continues to develop resources that educate and support members on behavioral health concerns. Check back often for updated information on behavioral health programs and resources.

## **RedHelp**

It is the mission of Red 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 firefighters we lost to suicide, support families after a suicide and to bring awareness to suicide and mental health issues.

## **PocketPeer**

Intervention supports to help a colleague who may be at risk for suicide.

# Resources for EMS Personnel

## **Share the Load Fire/EMS Helpline 1-888-731-FIRE (3473) & Additional Supports on Web**

The NVFC's Share the Load™ program provides access to critical resources and information to help first responders and their families manage and overcome personal and work-related problems. This includes the Directory of Behavioral Health Professionals as a resource to find local assistance for behavioral health issues.

## **NAEMT- EMS Mental Health Supports**

EMS practitioners face challenging and traumatic events that can impact their mental well-being every day. The mounting effect of patient needs, family, long workdays, nutrition, physical health, and sleep deprivation all contribute to an individual's sense of wellness. Paramedics and EMTs responding to the COVID-19 pandemic have also experienced increased stress levels over concerns about exposure to the virus, self-quarantines, and the health and safety of their families. Mental and emotional wellness is critical to the longevity of a healthy EMS career. To provide agency leaders and practitioners with information and resources on EMS mental and emotional wellness, NAEMT has assembled a variety of resources.

## **The Code Green Campaign - Help and Resources**

The Code Green Campaign® is a first responder oriented mental health advocacy and education organization. Also known as Code Green, we serve all types of first responders. This includes firefighters, EMTs, paramedics, dispatchers, police, corrections, air medical, and search & rescue. Our name is a combination of the color for mental health awareness (green) and the "code alerts" used in emergency services. If someone is having a stroke or heart attack first responders will call a "code stroke" or "code STEMI". The idea is that Code Green is calling a code alert on the mental health of first responders.

# Resources for Corrections Officers

## The Code Green Campaign - Help and Resources

The Code Green Campaign® is a first responder oriented mental health advocacy and education organization. Also known as Code Green, we serve all types of first responders. This includes firefighters, EMTs, paramedics, dispatchers, police, corrections, air medical, and search & rescue. Our name is a combination of the color for mental health awareness (green) and the “code alerts” used in emergency services. If someone is having a stroke or heart attack first responders will call a “code stroke” or “code STEMI”. The idea is that Code Green is calling a code alert on the mental health of first responders.

## Desert Waters Correctional Outreach - Ventline Email

Desert Waters aims to advance the well-being of correctional staff and their families through outreach and training. The Ventline is an email service offered to corrections staff and their loved ones. It provides a space for individuals to vent anonymously and confidentially. Staff at Desert Waters aim to reply within 24 hours of your email.

To access the Ventline, write to us at: [ventline@desertwaters.com](mailto:ventline@desertwaters.com)

## Employee Assistance Program (EAP)

Toll Free Number **1-800-822-0244** (available 24/7)



# Resources for Law Enforcement

## **CopLine** 1-800-267-5483 and Website with Additional Resources

CopLine has earned the trust of the Law Enforcement community by providing peer listening through a hotline by maintaining complete confidentiality as well as anonymity if the caller chooses. We train competent, confident, committed, and compassionate retired officers to engage with callers on the daily stressors officers and their family members experience.

## **BlueHelp - Training and Resources**

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.

## **IACP - Mental Health Resources**

Responding to individuals are affected by mental illness or are in crisis is an increasing challenge and important issue in policing. The IACP is committed to helping the law enforcement field in implementing effective police responses to individuals in mental health crisis which ensure public and officer safety.

## **Blue Life Coach App**

A behavioral health toolkit designed to help law enforcement professionals lower stress, improve performance during challenging situations, improve sleep, reduce emotional reactivity, increase situational awareness, sharpen mental clarity and problem-solving skills, and live life with more purpose and vitality, guided by their values.

## **NYPD Prayer Line** If you need prayer, call **917-979-6561** or text “**PrayNYPD**” to **474747**

Real, Effective, and Powerful Prayer. An exclusive and confidential prayer line for NYPD personnel only.

# Resources for Family & Friends of Uniformed Personnel

## Blue Star Families

Founded in 2009 by military spouses with you in mind, we empower military and Veteran families to thrive by connecting them with their civilian neighbors — both people and organizations — to create strong communities of mutual support.

## Military One Source

Military OneSource from the Department of Defense is your 24/7 gateway to trusted information, resources and confidential help. When MilLife happens, it's your “first line of support” — giving service members and military families tools to stay well and thrive.

## IACP - Law Enforcement Family Resources

The job of a law enforcement officer is often stressful, demanding, and dangerous. The lifestyle and culture of law enforcement affects more than just the officers. Spouses, partners, parents, children, and companions of law enforcement officers play an integral role in an officer's health and wellness.

## IAFF Center of Excellence Family Resource Guide - For Family Members of a Fire Fighter

## Strategies to Manage Challenges for EMS Families

## Mental Health First Aid Training

Mental Health First Aid is a public education program that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact, and overviews common supports. This 8-hour course uses role-playing and simulations to demonstrate how to offer initial help to a person experiencing a mental health challenge, mental disorder or a mental health crisis. It also teaches how to connect someone to the appropriate professional, peer, social, and self-help care.

## Supports for Family Members or Friends of a Veterans

As a family member or friend of a Veteran with mental health challenges, you can play an important role in providing support for their recovery. People who are close to Veterans are often the first to notice that they are facing a mental health challenge. Letting a Veteran know you're there for them can help start a conversation.

# General Resources

## NYS Office of Addiction Service and Supports

- [Alcoholics Anonymous - Find a Meeting](#)
- [Narcotics Anonymous - Find a Meeting](#)

## NYS Office of Victim Services

## NYS Department of Labor

## NYS Office of Temporary and Disability Assistance

## Suicide Prevention Trainings Available in NYS

## Society for the Prevention of Teen Suicide

## Grief and Bereavement Supports

- [What's Your Grief](#)
- [The Dougy Center for Grieving Children and Families](#)
- [Tragedy Assistance Program for Survivors \(TAPS\)](#)
- [American Foundation for Suicide Prevention](#)