



## March 2020 Behavioral Health CE Resource List for EMS Providers

### **National Suicide Prevention Lifeline**

Call 1-800-273-TALK (8255). Free, confidential crisis hotline available to everyone 24/7. The Lifeline connects callers to the nearest crisis center in the Lifeline national network. These centers provide crisis counseling and mental health referrals. People who are deaf, hard of hearing, or have hearing loss: TTY at 1-800-799-4889.

### **Crisis Text Line**

Text "HELLO" to 741741. Available 24/7 throughout the U.S. Serves anyone, in any type of crisis, connecting them with a crisis counselor who can provide support and information.

### **Veterans Crisis Line**

Call 1-800-273-TALK (8255) and press 1 or text to 838255. Free, confidential resource that connects veterans 24/7 with a trained responder. Free to all veterans, even if they are not registered with the VA or enrolled in VA healthcare. Deaf, hard of hearing, or have hearing loss: call 1-800-799-4889.

**Substance Abuse and Mental Health Services Administration (SAMHSA):** General information on mental health and locating treatment services in your area. 1-800-662-HELP (4357). SAMHSA also has a Behavioral Health Treatment Locator on its website that can be searched by location.

**Mental Health and Addiction Insurance Help:** Website from U.S. Dept of Health and Human Services provides resources to help answer questions about insurance coverage for mental health care.

**Natl Institute of Mental Health:** Offers health information and free easy-to-read publications on various mental disorders on its website in the Mental Health Information section. For all mental health-related questions, contact a health information specialist at the NIMH Information Resource Center. 1-866-615-6464 (toll-free). 1-301-443-8431 (TTY). 1-866-415-8051 (TTY toll-free). Mon-Fri 8:30 am- 5:00 pm ET. **Live Online Chat, Live Help.**

**National Agencies and Advocacy and Professional Organizations:** Advocacy and professional organizations can be a good source of information when looking for a mental health provider. They often have information on finding a mental health professional on their website, and some have practitioner locators on their websites.

- Anxiety and Depression Association of America
- Depression and Bipolar Support Alliance
- Mental Health America
- National Alliance on Mental Illness

**Insurance Companies:** A representative of your insurance company will know which local providers are covered by your plan. The websites of many companies have searchable databases for finding a practitioner in your area.

**University, College, or Medical Schools:** Your local college, university, or medical school may offer treatment options. Try searching the websites for their psychiatry, psychology, counseling, or social work departments.

**Service Members and Their Families:** Current and former service members may face different mental health issues than the general public. Please visit the MentalHealth.gov page Help for Service Members and Their Families page or the U.S. Department of Veteran Affairs' mental health page.

**Illinois Firefighter Peer Support** 1-855-90-SUPPORT (7-8776) [www.ilffps.org](http://www.ilffps.org)

**Sara Gura, LCSW, the Self-Care Path** 1-708-429-0353 or <http://selfcarepath.com/>

Sara addresses the specific needs of fire service employees by offering appropriate, competent, and effective counseling services.

**Firefighter Behavioral Health Alliance** 847-209-8208 [www.ffbha.org](http://www.ffbha.org)

**SAFE CALL NOW** 24/7 suicide hotline for firefighters 1-206-459-3020

**Fire/EMS Help Line** 1-888-731-FIRE

**Substance Abuse and Rehab:** Rosecrans Florian Program 888-928-5278 [www.rosecranceflorian.org](http://www.rosecranceflorian.org). Serves uniformed service personnel such as firefighters, paramedics, law enforcement officers, and military.

**Psychology Today: Find a Therapist** <https://www.psychologytoday.com/us>