

## HELPFUL RESOURCES FOR FIREFIGHTERS IN CRISIS

If you have had a bad call, are experiencing stressors at home, feel like life is too overwhelming, or are having thoughts of suicide, you don't have to fight alone. No matter how big or small you may feel your problem is, there is someone available 24/7 you can call on to listen. No matter who you call on, know that it is strictly confidential and won't be shared with your coworkers, Captains, or Chiefs.

Who you can call on any time, day or night:

- At Northern Wake Fire Department
  - Fire Chaplain Rev. Lauren Deer- available 24/7 by text or phone call (910) 282-8938  
  
or by email [lauren.deer@northernwakefire.org](mailto:lauren.deer@northernwakefire.org). Training in Critical Incident Stress Debriefings, Peer Support, and other crisis management. All conversations are confidential unless you feel like hurting yourself or others.
  
- In the Raleigh Area
  - North Carolina Firefighter Peer Support- 24/7 hotline (855) 7NC-PEER. [www.ncffps.org](http://www.ncffps.org)  
  
Someone will always answer the phone and get you to the person that can best help you. Team members are made up of local NC firefighters who have gone through special peer support training.
  - Wake County EMS Peer Support- 24/7 hotline (919) 218-6777 or [EMSPTSD@wakegov.com](mailto:EMSPTSD@wakegov.com)  
  
This support line is not only for EMS but for fire personnel as well and is made up of Wake EMS trained peer support members.
  
- National Hotlines
  - Safe Call Now- 24/7 Crisis referral service for all public safety employees and family members (206) 458-3020  
  
[www.safecallnow.org](http://www.safecallnow.org)
  - National Suicide Prevention Lifeline- 24/7 hotline (800) 273-8255
  - Trans Lifeline-24/7 hotline (877) 565-8860
  - The Trevor Project-24/7 hotline (866) 488-7386
  - \*If you don't want to talk to someone on the phone but would rather text someone, Crisis Text line- text "START" to 741741
  
- 9-1-1

- Call 911 or go to the nearest hospital and let them know you need to see the psychiatrist on call

## OTHER MENTAL HEALTH RESOURCES FOR FIREFIGHTERS

If you aren't in immediate crisis, but need some assistance:

- First Responder Assistance Program- Resources and referrals to first responders and their families for issues regarding:

- Stress management
- Depression
- Family Conflict
- Anxiety
- Grief and Loss
- Relationships
- Financial or legal
- Addictions
- Gambling
- Child or elder Care

Phone (855) 207-1747 or [www.BDAEAP.com](http://www.BDAEAP.com), organization is PROVIDENT

- Seek out a Counselor-Someone who is willing to listen and help you become a better person, no matter what issues you are struggling with.

- Resources for Counseling:

- Questions regarding going to therapy? Check out this site to answer all the questions you might have about going to see a Counselor. <http://www.ncffps.org/get-help/finding-a-therapist-who-can-help-you-heal/>
- Specific counselors in the Raleigh area who have experience with emergency responders and PTSD. <http://www.ncffps.org/get-help/resource-contact-list/>
- Psychology Today counselor search- Find a therapist in your area who is covered by your insurance, has experience in emergency services, gender specific, etc. [https://www.psychologytoday.com/us/therapists?utm\\_source=PT\\_Psych\\_Today&utm\\_medium=House\\_Link&utm\\_campaign=PT\\_TopNav\\_GHelp](https://www.psychologytoday.com/us/therapists?utm_source=PT_Psych_Today&utm_medium=House_Link&utm_campaign=PT_TopNav_GHelp)

- Depression Resources

- <http://www.ncffps.org/get-help/sadness-depression/>

- Alcoholism Resources

- Alcoholics Anonymous- <https://www.aa.org/>
- <http://www.ncffps.org/get-help/problematic-drinking/>
- Drug Abuse Resources
  - <http://www.ncffps.org/get-help/drug-abuse/>
- Anxiety Resources
  - <http://www.ncffps.org/get-help/nervousness/>
- Insomnia Resources
  - <http://www.ncffps.org/get-help/trouble-sleeping-insomnia/>