



FIRST RESPONDER SPECIFIC HOTLINES AND OTHER RESOURCES

If you the resource you are looking for is not here or you need other assistance please don't hesitate to contact me 24/7 at 503-927-7630 or rebecca.cook@responderlife.org

NATIONAL SUICIDE PREVENTION LIFELINE	1-800-273-TALK (8255)	24/7 national hotline <i>Not first responder specific</i> www.suicidepreventionlifeline.org
VETERANS CRISIS LINE	1-800-273-8255 Press 1 or text 8838255	Veterans hotline run by the National Suicide Prevention Lifeline www.veteranscrisisline.net
CODE4 NORTHWEST	1-425-243-5092	24/7 crisis response and referral for Washington public safety and emergency services personnel and their families www.code4nw.org
COPLINE	1-800-267-5463	24/7 law enforcement officer hotline run by retired law enforcement officers www.copline.org
CRISIS TEXT LINE	Text "BADGE" to 741741	24/7 text hotline www.crisistextline.org
FIRESTRONG	1-844-525-FIRE (3473)	24/7 firefighter and family crisis hotline www.firestrong.org



<p>NVFC NATIONAL VOLUNTEER FIRE COUNCIL SHARE THE LOAD PROGRAM</p>	<p>1-888-731-FIRE (3473)</p>	<p>24/7 crisis line for fire/EMS www.nvfc.org/programs/share-the-load-program</p>
<p>SAFE CALL NOW</p>	<p>1-206-459-3020 1-877-230-6060</p>	<p>24/7 crisis referral service for all public safety and emergency services personnel and their families www.safecallnow.org</p>
<p>SERVE AND PROTECT</p>	<p>1-615-373-8000</p>	<p>24/7 crisis line for public safety and emergency services personnel www.serveandprotect.org</p>
<p>1ST HELP</p>		<p>1st Help is a searchable database dedicated to finding emotional, financial, and spiritual assistance for first responders. www.1sthelp.net</p>
<p>FIRST RESPONDER SUPPORT NETWORK</p>	<p>1-415-721-9789</p>	<p>Educational treatment programs for first responders and families www.frsn.org</p>