

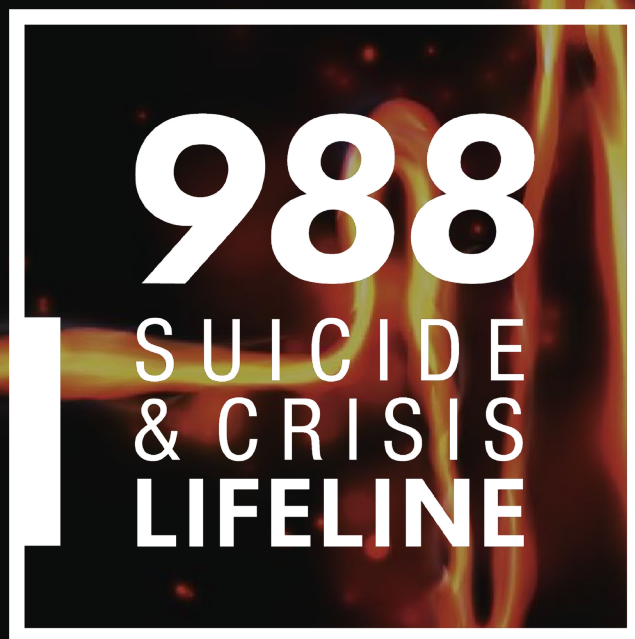


MENTAL HEALTH

Resource Guide

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NATIONAL SUICIDE PREVENTION HOTLINE



Chat: 988lifeline.org

Text: 988

Call: 988

24/7

FREE

The 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 200 local crisis centers, combining custom local care and resources with national standards and best practices.

The 988 Suicide & Crisis Lifeline utilizes the guidance of experts, as well as the voices of lived experience, to continually improve Lifeline services. These individuals bring invaluable knowledge and support to our mission of reducing the national incidence of suicide.

HELP SOMEONE ELSE

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NATIONAL HELP LINE



If you or someone you know needs help, contact NAMI Help Line.

Chat: nami.org/help

Text: 62640

Call: 1-800-950-NAMI

Email: helpline@nami.org

Mon-Fri 10:00am-10:00pm

FREE

Peer-to-Peer

The **NAMI Help Line** is a **free**, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public. Help Line staff and volunteers are experienced, well-trained and able to provide guidance.

- They understand, many from their own experiences, listen and offer support.
- They are informed on NAMI Programs, NAMI Support Groups and how to locate your local NAMI Affiliate.
- They are trained to help identify the best resource options for your individual concern.
- They are knowledgeable and a source of accurate information about relevant topics.
- They care.



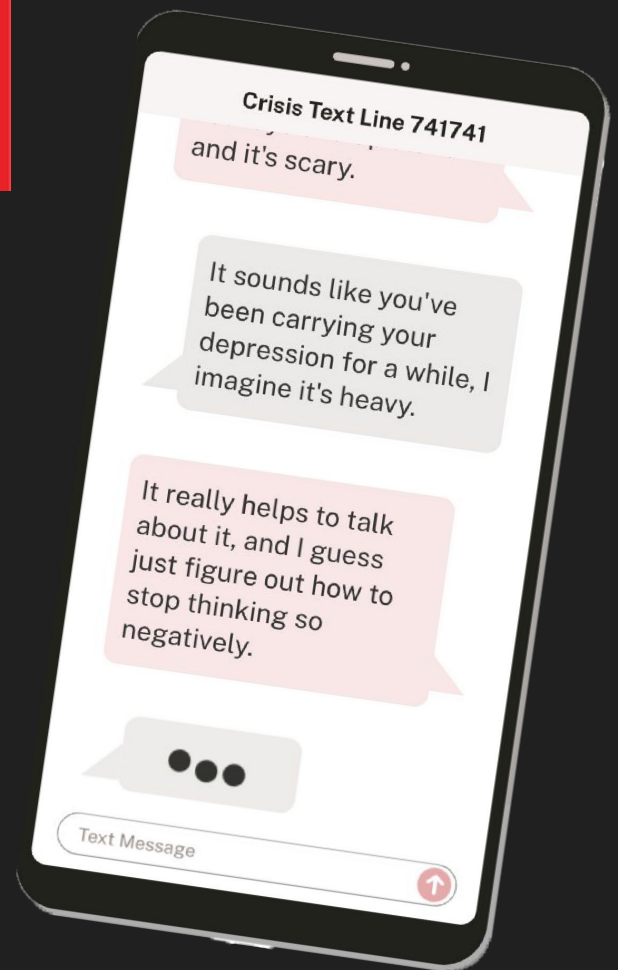
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CRISIS TEXT LINE

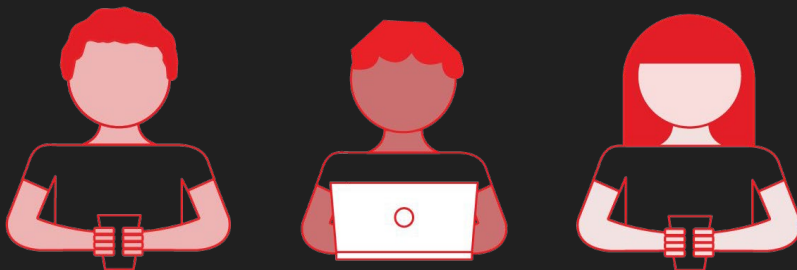
CRISIS TEXT LINE |

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.

Text: HOME to 741741
Free 24/7 support at
your fingertips.



*An example exchange
between a texter and a
Crisis Counselor.*



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UCF RESTORES

Lives, Families, & Community



Call: (407) 823-3910

Single-Session

Consultation Program

(407) 823-1657

411 Pictor Lane, Suite 203

Orlando, FL 32816

University of Central Florida
Psychology Building

UCF RESTORES – which includes the National Center of Excellence for First Responder Behavioral Health– is a nonprofit clinical research center and treatment clinic established to change the way posttraumatic stress disorder (PTSD) and other trauma-related concerns are understood, diagnosed and treated.

What began as a government-funded research initiative in 2011 has grown to serve as an invaluable resource to the Orlando community, the state of Florida and beyond. UCF RESTORES' unique approach to treatment – including the first-of-its-kind

Trauma Management Therapy Intensive Outpatient Program

This three-week intensive program combines exposure therapy, emerging technology, one-on-one and group therapy sessions to realize **unprecedented success** for those suffering from PTSD.

Single-Session Consultation Program

Launched in 2020 in response to COVID-19, and cost-free.

Virtual Reality Treatment

Our core approach to treatment is exposure therapy, enhanced using fully immersive virtual reality (VR) technology.

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LAKELAND REGIONAL **HEALTH MEDICAL CENTER**



This is a 24/7 option for an acute crisis type situation.

Once you arrive at the facility, identify yourself as a "First Responder", no name or insurance is necessary.

You will be escorted to a private room for VIP treatment at no cost.

1324 Lakeland Hills Blvd
Lakeland, FL 33805

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FIRE RESCUE SUPPORT



Joe LaCognata is the Founder and President of Fire Rescue Support, Inc. Joe started his involvement with emergency services in 1986 as a volunteer firefighter and EMT. Since becoming a pastor in 1994, his connection with emergency services has been through the chaplaincy with both police and fire departments.

IT'S IMPORTANT TO REMEMBER that the symptoms of stress discussed are perfectly normal to experience after going through a traumatic event. However, if the suggestions for reducing stress are not effective, it may be time to reach out.



JOE LACOGNATA

Chaplain

(352) 425-1643

Joe@FireRescueSupport.com

12647 SE 102nd Avenue

Bellevue, FL 34420

FireRescueSupport.com

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IAFF

Center of Excellence for Behavioral Health Treatment and Recovery

This is a one-of-a-kind treatment facility specializing in PTSD for professional fire service members who struggle with trauma, substance use, addiction, and other related behavioral health challenges. It is a safe haven for members to receive the help they need in taking the first steps toward recovery and share experiences with other members who have faced or overcome similar challenges.

1-855-900-8437

13400 Edgemoade Rd

Upper Marlboro, MD



AFTER YOUR DISCHARGE, YOU'LL RECEIVE:

- A relapse prevention plan
- 12-step support
- Peer support
- Individual or family therapy sessions
- Return-to-Work planning and support
- Diagnostic check-ins
- Transition to local behavioral and physical health care providers

<https://www.iaffrecoverycenter.com/>

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SHARE THE LOAD PROGRAM

Taking care of your mental health is as important as managing your physical health. The National Volunteer Fire Council'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.

First Responder Helpline

1-800-897-9995

This program provides immediate assistance in a crisis moment as well as confidential counseling, resources, and referrals for a range of issues, including:

Stress Management, Depression, Family conflict, Anxiety, Relationships, Financial or legal concerns, Substance misuse, Grief or Loss, Problem Gambling, Child, or Elder Care.



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2ND ALARM PROJECT

Schedule Free Counseling

Get the App



Download our app from your app store.

DOWNLOAD

See Someone



Schedule an appointment with a counselor.

COMING SOON

Fill Out Form



Send us your information and we'll reach out to you.

CONTACT

Call Us



Call a 2nd Alarm Project Provider

850-480-9314

2NDALARMPROJECT.ORG

What to expect when you call:

850-480-9314 line is not a crisis hotline. The intake coordinator will gather important information, including assessing your safety. They will then determine what level of care and type of provider is best for your presenting needs and will make a referral and an appointment typically within 24-48 hours of your call.

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RED LINE RESCUE

Proudly operated by UCF RESTORES, Redline Rescue is dedicated to the mission of serving firefighters and their families in their times of need. We are a community of firefighters and professionals committed to serving those who serve selflessly behind the badge.

Go to this website:

redlinerescue.org

Let us help you find support resources

Click **"Find a Clinician"**

OR Click **"Find a Peer Support Provider"**

You can search by geographic area, by personal characteristics (age, gender, rank, etc.), or by type of occupational stress or life stressors/experience. For example: addiction, anger management, anxiety/traumatic stress or depression. If you are searching for help with a different problem, you can click on the "other problems or needs" button.

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EMPLOYEE ASSISTANCE PROGRAM

Your Life. Your Work. Your Best.

In an ever-stressful world, it gets harder and harder to balance our workload with our personal lives. Each day, we put on our work clothes and our work faces and concentrate on getting the job done. It is extraordinary, really, how much gets done by people who are facing worry, trouble, and concerns in their lives.

Your employer realizes the difficulty of this balance and appreciates the achievements you bring to the workplace. That is why they provide you and your dependents an Employee Assistance Program (EAP).

Wellness: Addiction, Emotional Well Being, Fitness & Nutrition, Grief & Loss, Personal Growth, Physical Health, Pregnancy, Personal Safety, Stress & Anger Management

Relationships: Child Care, Divorce & Domestic Issues, Elder Care, Expanding Family, Marriage, Parenting, Special Needs & Gifted Children

Work & Education: Career Development, College & Graduate School, K-12, Manager Guidance, Military, Personal Development

Financial: Consumer Issues, Debt & Bankruptcy, Estate, Planning & Elder Care, Insurance, Personal Finance, Real Estate, Tax

Lifestyle: Computer & Electronics, Food & Beverage, Going Green, Pets, Planning an Event, Shopping & Consumer Rights, Travel

Home & Auto: Buying & Selling an Auto, Driver Safety & Education, Home Improvement & Maintenance, Moving

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Call 800-468-9461 to talk to a

LifeWorks Consultant now.

Available 24/7


Your call will be answered by one of our experts in our centralized office. He or she will listen to your concerns and locate the best counselor for you in your community. LifeWorks will contact the counselor and tell him or her to expect your call. You then set an appointment that is convenient for both of you.

In most cases, you can expect to be seen in one week. Of course, emergencies are attended to immediately.

If your situation can be resolved within a few sessions, you will continue to meet with your counselor. Problems requiring long-term therapy or highly specialized care may be referred to specialists outside the EAP, which may be paid for by your health insurance program.

workhealth*life*

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PEER SUPPORT

As advocates for our members of The Villages Public Safety Department. Having our own Peer Support team is essential for the care of our brothers and sisters. We offer hope, support, and advocacy for those seeking recovery. So that we can build mental resilience and thrive in our lives and communities.



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