



1st Responder Support Resources

January 27, 2024

Critical Incident Stress Management Teams (CISM)-recognized by the International Crisis Intervention Support Foundation- ICISF:

BlackHawk Area CISM Team: Covers Winnebago, Stephenson, Ogle, Lee, and DeKalb counties. TX: 815/748-8400 (DeKalb PD).

Central Illinois Overwatch CISM Team: Covers Livingston, McLean, Ford, Iroquois, and Vermillion counties. TX: 309/838-9297 (Champaign County Dispatch)

Decatur Area CISM Team: Covers De Witt, Piatt, Champaign, Macon, Moultrie, Douglas, Coles, Edgar, Shelby, Cumberland, Clark, Effingham, Jasper, Crawford, Clay, Richland, and Lawrence counties. TX: 217/875-8429.

Northern Illinois Critical Incident Stress Management (NICISM) Team: Covers the 9-county Chicago Metropolitan area. www.ni-cism.org TX: 800/225-2473 (Addison Consolidated Dispatch Center).

Quad Cities CISM Team: Covers Jo Daviess, Carroll, Whiteside, Rock Island, Henry, Mercer, Henderson, and Warrant counties (and Scott County, IA). TX: 563/323-1000 (Medic Dispatch).

Peoria “Heart of Illinois” CISM Team: Covers Hancock, McDonough, Adams, Schuyler, Brown, Fulton, Knox, Peoria, Tazewell, Woodford, Marshall, Stark, Putnam, Bureau, and La Salle counties. TX: 309/369-2911 (St. Francis Medical Center).

Sangamon Valley CISM Team: Covers Pike, Scott, Morgan, Greene Macoupin, Montgomery, Christian, Sangamon, Cass, Menard Logan, and Mason counties. TX: 217/788-8311.

Southern Illinois CISM Team: Covers Wayne, Edwards, Wabash, Jefferson, Franklin, Hamilton, White, Jackson, Williamson, Saline, Gallatin, Union, Johnson, Pope, Hardin, Alexander, Pulaski, and Massac counties. TX: 618/937-3521 (West Frankfort FD).

Southwest Illinois CISM Team: Covers Madison, Bond, Fayette, Marion, Clinton, St Clair, Washington, Monroe, Randolph, and Perry counties. TX: 618/607-2476 (Memorial Hospital Switchboard).



Behavioral Health and/or Substance Abuse services available for 1st responders:

Angie's Place (Lisle and Oswego, IL): Offer therapy and support for first responders, veterans, and their family members. www.therapyforfirstresponders.com 630/442-1895.

Arukah Institute of Healing (Princeton, IL): Crisis and wellness services for the community and for 1st responders. Arukahinstitute.org TX: 815/872-2943.

Bridgeway: Behavioral health services, mental health, and substance abuse services. Located in the Peoria area, Rockford area, Macomb, Pekin, Monmouth, Kewanee, Bloomington, and Galesburg. www.bway.org TX: 309/344-2323.

Gateway Foundation: Drug and Alcohol rehabilitation services. Located in 16 locations throughout IL. www.gatewayfoundation.org TX: 877/544-1555.

IAFF Recovery Center (International Association of Fire Fighters): Treatment for successful recovery from substance abuse, PTSD and other behavioral health issues. www.iaffrecoverycenter.com TX: 855/900-8437.

NAMI (National Association of Mental Illness) of the Greater Mississippi Valley: provides mental health education, advocacy, and support (not treatment nor counseling). www.namigmv.org TX: 800/950-6264.

Rosecrance: Provides addiction treatment and mental health services. Has locations throughout Illinois, including Rockford, Chicago, Chicago metropolitan area locations, Champaign, Moline, and Davenport, IA. www.rosecrance.org TX: 866/330-8729.

Transitions Mental Health Services: Provide mental health services for adults and youths. Located in Quad Cities: Rock Island and Moline. www.transmhs.org TX: 309/283-1228.

Unity Point Robert Young Mental Health Centers: Provide mental health, substance abuse, and crisis services for youth and adult in Muscatine IA, Moline IL and Rock Island IL. www.unitypoint.org TX: 309/779-3000.

Helplines for 1st Responders:

Suicide and Crisis Lifeline: Call 988 www.988lifeline.org

Veterans Crisis Hotline: Call 988, then press "1", or text 838255

911. Emergency.



COPLINE: is a confidential, 24-hour international hotline answered by retired law enforcement officers who have access to continuous critical clinical support. TX: 1-800-COPLINE (267-5463) <http://www.copline.org>

Fire/EMS Helpline (Also known as Share the Load): A program run by the National Volunteer Fire Council. They have a help line, text-based help service, and have also collected a list of many good resources for people looking for help and support.

TX: 1-888-731-3473

www.nvfc.org/programs/share-the-load-program/

First Responder Support Network: provides first responders and their families with tools to reduce personal and family stress, encourage appropriate career decisions, and reduce the effects of traumatic incident stress on an individual's life. TX: 415-721-9789.

International Critical Incident Stress Foundation, Inc.: provides leadership, education, training, consultation, and support services in comprehensive crisis intervention and disaster behavioral health services to the emergency response professions, other organizations, and communities worldwide. TX: 410-313-2473 (Emergency Hotline) <https://www.icisf.org>

National Alliance on Mental Illness (NAMI): is the nation's largest grassroots mental health organization, dedicated to building better lives for the millions of Americans affected by mental illness. TX: 800-950-6264 (NAMI Help Line) info@nami.org

<http://www.nami.org/Find-Support/Family-Membersand-Caregivers>

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. TX: 206-459-3020. <https://www.safecallnowusa.org>

Substance Abuse and Mental Health Services Administration (SAMHSA) Behavioral Health Treatment Services Locator: is a confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. territories for substance abuse, addiction, or mental health problems.

TX: 800-662-HELP (4357) <https://findtreatment.samhsa.gov>

Mental and Behavioral Health, Addiction, PTSD, and Suicide Informational resources:

Alcoholic Anonymous: <https://www.aa.org>

Blue Help: <https://bluehelp.org/resources/training-and-resources/>



Gamblers Anonymous: [Http://www.gamblersanonymous.org](http://www.gamblersanonymous.org)

International Association of Chiefs of Police (IACP): www.theiacp.org/resources/

COPS LE Health and Wellness Program Resources: <https://cops.usdoj.gov/lemhwareources>

National Institute of Mental Health: www.nimh.nih.gov/health/publications

PTSD: National Center for PTSD: <https://ptsd.va.gov>

National Child Traumatic Stress Network: <https://www.nctsn.org/>

SAMSHA: <https://samhsa.gov/>

Suicide Prevention Resource Center: <https://www.sprc.org/settings/first-responders>

PTSD, Trauma, Mental Health, and/or Substance Treatment Retreats:

Chateau Recovery and Treatment Center: Provides the First Responder Resiliency Program. A clinic and retreat center in Utah that treats PTSD, Trauma, Depression and Anxiety, Alcohol and Substance Abuse. www.chateaufrecovery.com/overview TX: 888/507-5031.

Haymarket of Chicago 1st Responders' Intensive Trauma Retreat: A free, top-shelf four-day intensive trauma retreat for 1st responders. About 5-6 sessions are provided each year. www.hcenter.org/retreat/ TX: 630/517-0003 Dr. Kammie Juzwin.

UCF Restores (University of Central Florida): In Orlando, Florida. Provides a three-week intensive outpatient program – combines exposure therapy, emerging technology, one-on-one and group therapy for those suffering from PTSD. Provides these services to 1st responders and military, as well as to the civilian population. www.ucfrestores.com TX:407/823-1657.

West Coast Trauma Retreat (First Responder Support Network): The WCPR residential program provides an educational experience designed to help current and retired first responders recognize the signs and symptoms of work-related stress including post-traumatic stress disorder (PTSD) in themselves and in others. FRSN prefers to identify PTSD as a post-traumatic stress injury. Attendees spend 6 very full days at the retreat. Meals and lodging are provided at no additional charge. Over the course of 6 days and 5 nights, attendees participate in educational segments, clinical treatment, and peer support from other first responders, most who have attended the retreat. www.frsn.org TX: 415/721-9789.