



## 1<sup>st</sup> Responder Support Resources

01/2026

### 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](http://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 1<sup>st</sup> responders:**

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

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

**Banyan Treatment Center (Naperville/Lisle):** Offers outpatient addiction treatment in a supportive environment tailored to your unique recovery needs. Provides evidence-based therapies and personalized care to help individuals overcome substance abuse. [www.banyantreatmentcenter.com](http://www.banyantreatmentcenter.com) TX:888/245-0974.

**Brave Police and Public Safety Wellness Center (Chicago):** Provides individual, group, and family counseling that address addiction, mood disorders, family and work-related matters involving critical incidents, duty-related trauma and all other work stressors. [www.bravewellnesscenter.com](http://www.bravewellnesscenter.com) TX: 847/778-9322. Dr. Robin Kroll.

**Brentwood Springs (Newburgh, Indiana):** Provides inpatient and outpatient programming for those facing mental health and addiction challenges. Have treatment programs for children, adolescents, adults, and seniors, as well as specialized programming for active-duty military, veterans, first responders, and other high-risk frontline professionals. Programs include inpatient mental health and addiction treatment, Partial Hospitalization Programs (PHP), Intensive Outpatient Programs (IOP), and Help for Heroes®. [www.brentwoodsprings.com](http://www.brentwoodsprings.com) 812/858-7200.

**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](http://www.bway.org) TX: 309/344-2323.

**Gateway Foundation:** Drug and Alcohol rehabilitation services. Located in 16 locations throughout IL. [www.gatewayfoundation.org](http://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](http://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](http://www.namigmv.org) TX: 800/950-6264.



**Recovery Ways- The Valor Healing Program (Salt Lake City, Utah):** Provides mental health care and addiction treatment to military veterans and first responders, including PTSD treatment, combat trauma treatment, detox, residential treatment, PHP, an IOP, as well as virtual IOP.

[www.recoveryways.com](http://www.recoveryways.com) 888/986-7848.

**Rosecrance (Northern IL area):** 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](http://www.rosecrance.org) TX: 866/330-8729.

**Shatterproof FHE Health (Deerfield, Florida):** Provides comprehensive mental health and addiction programs for 1<sup>st</sup> responders, including detox, inpatient, and outpatient options.

[www.FHEHealth.com](http://www.FHEHealth.com) TX: 850/273-2112 or 888/973-1601.

**Transitions Mental Health Services (Quad Cities area):** Provides mental health services for adults and youths. Located in Quad Cities: Rock Island and Moline. [www.transmhs.org](http://www.transmhs.org) TX: 309/283-1228.

**Unity Point Robert Young Mental Health Centers (Quad Cities area):** Provides mental health, substance abuse, and crisis services for youth and adult in Muscatine IA, Moline IL and Rock Island IL. [www.unitypoint.org](http://www.unitypoint.org) TX: 309/779-3000.

**University of Chicago AdventHealth GlenOaks Hospital (Glendale Heights, IL):** Provides behavioral health care as well as substance abuse services. Are affiliated with We Never Walk Alone/We Never Fight Alone National Peer Support Network. 630/545-8000.

### **Helplines for 1<sup>st</sup> Responders:**

**Suicide and Crisis Lifeline:** Call 988 [www.988lifeline.org](http://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/](http://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/](http://www.theiacp.org/resources/)

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

**National Institute of Mental Health:** [www.nimh.nih.gov/health/publications](http://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://wwwsprc.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.chateaurecovery.com/overview](http://www.chateaurecovery.com/overview) TX: 888/507-5031.

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

**Rising Star Ranches:** In Chicago Metro Area. Provide cost free equine assisted activities to first responders (Police/Fire/EMS/Dispatchers) and Veterans of the Armed Services. These activities have an informal setting (peer supported equine activities) and formal (evidence-based care) via a network of vetted and certified participating stables. TX:708/620-2203. [www.RisingStarRanches.org](http://www.RisingStarRanches.org)

**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 1<sup>st</sup> responders and military, as well as to the civilian population. [www.ucfrestores.com](http://www.ucfrestores.com) TX:407/823-1657.

**Warriors Heart:** In San Antonio, Tx and Milford, VA. Provides private treatment to first responders and veterans who are seeking inpatient treatment for chemical dependency, alcohol abuse, and co-occurring psychological disorders relating to PTSD (post-traumatic stress disorder) or the psychological effects of MTBI (mild traumatic brain injury). [www.warriorsheart.com](http://www.warriorsheart.com) TX: 888/598-4895.

**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 PTSD in themselves and in others. Meals and lodging are provided. 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](http://www.frsn.org) TX: 415/721-9789.