



Additional Resources

- A PFFM Behavioral Health group is offered via zoom the second Tuesday of the month at 6 pm for PFFM members. This is a free service to discuss Behavioral Health Topics and review peer protocols with PFFM members and a clinician. Contact New Perceptions or the PFFM for more details.
- Every Thursday at 7 pm a first responder support group is offered via zoom. This is led by a peer member. Details are on the website www.nperceptions.com. This is for union and non union members. For additional information contact Peter Morrell at pmorrell3@icloud.com.

Behavioral Health Resources:

IAFF Behavioral Health Resources (free trainings and handouts):

<https://www.iaff.org/behavioral-health/>

National Center for PTSD:

<https://www.ptsd.va.gov/>

SAMHSA:

<https://www.samhsa.gov/dtac/disaster-responders>

IAFF Center of Excellence:

<https://www.iaffrecoverycenter.com>

Fortitude (for all first responders union and non union members):

<https://www.columbusrecoverycenter.com/fortitude/>

Maine EMS Resources:

<https://www.maine.gov/ems/healthy>

Front Line Warm Line 207-221-8196

Atlantic Partners EMS CISM Call the regional number below and indicate you need CISM assistance

Region 1: 1-207-662-2950 York, Cumberland and Sagadahoc;

Region 3: 1-207-861-4244 Kennebec and Somerset;

Region 4: 1-207-907-1000 Hancock, Penobscot, Piscataquis, and Washington;

Region 6: 1-207-861-4244 Lincoln, Waldo, and Knox

Tri-County EMS CISM 1-207-777-6000 and indicate you need CISM Assistance

Region 2: Androscoggin, Franklin, and Oxford

Aroostook CISM 1-207-492-1624

Region 5: Aroostook

NAMI Maine Helpline 1-800-464-5767 (Press 1)

Maine Crisis Line 1-888-568-1112

Crisis Text Line - TEXT "HOME" to 741741

StrengthenME

www.strengthenme.com