

First Responder Mental Health Resources

SAFE CALL NOW

24/7 crisis referral service for all public safety employees, emergency services personnel and their family members

CALL (206) 459-3020

2ND ALARM PROJECT

Behavioral health resources to firefighters and fire departments across the Florida Panhandle

[VISIT 2NDALARMPROJECT.ORG](http://2NDALARMPROJECT.ORG)

REDLINE RESCUE

Trained peer support and licensed clinicians to first responders

[VISIT REDLINERSCUE.ORG](http://REDLINERSCUE.ORG)

When to reach out for help

It can be easy to overlook or underestimate the signs and symptoms of a mental health condition when caring for others. Click on the article below from the National Alliance on Mental Health (NAMI), to learn the signs that it's time to reach out for support.

Read more



Self-care tips

Being mindful of your own needs plays a major role in maintaining your physical and mental health. Follow the link to learn ways to prioritize your wellbeing.

Read more

