

Ride Along Chronicles Podcast

Resources for First Responder Families

TREATMENT RESOURCES

Agency-Based Resources

- Contact the first responder's agency to request referrals for vetted mental health professionals or the first responder agency's Peer Support Team
- Employee Assistance Program (EAP) - provides some FREE and confidential services for employees & dependents such as counseling services (specific number of sessions based on each employer), certified financial advising, legal services, etc.
- Employee Benefits Programs - provides physical and emotional wellness programs in addition to contract health insurance plans (specific to each employer)
- Worker's Compensation - US Dept. of Labor <https://www.dol.gov/general/topic/workcomp>
- Public Safety Personnel Retirement System (PSPRS) www.psprs.com
- Labor Organizations for Police & Fire - Office of Justice Programs www.ojp.gov
- Family and Medical Leave Act (FMLA) www.dol.gov/agencies/whd/fmla
- Bulletproof/Fireproof - health and wellness program for first responders www.bulletproof.org and www.100club.org/fireproof

Mental Health Treatment Support

- To locate and cross-check a therapist, search by population, specialties, accepted insurance, locations, etc. visit. Utilize the following resources and search for first responders/veterans and trauma therapist.
 - Psychology Today www.psychologytoday.com
 - Emdria.org www.emdria.org

Substance Abuse Support Groups and Links

- Substance Abuse and Mental Health Services Administration - resources & education www.samhsa.gov
- National Council on Alcoholism and Drug Dependence - resources & education www.ncadd.us
- Al-Anon (AA/Alateen) - for those affected by addiction www.al-anon.org
- Smart Recovery - self help addiction recovery program www.smartrecovery.org
- American Addiction Centers - www.americanaddictioncenters.org

First Responder In-Patient/Residential Treatment Facilities

- First Responder Wellness, Newport CA www.firstresponderwellness.com
- FHE Rehabilitation - Shatterproof Program, Deerfield Beach, TX www.fherehab.com
- Warrior's Heart, Bandera, TX www.warriorshheart.com
- First Responder Trauma-Informed Care - Utah Addiction Centers, Eagle Mountain, UT www.utahaddictioncenters.com/first-responders

National Crisis Hotlines

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- National Suicide Prevention Hotline www.suicidepreventionlifeline.org 800-273-8255
- Safe Call Now - crisis referral for public safety employees www.safecallnowusa.org 206-459-3020
- BulletProof - confidential 24/7 hotline for LEOs www.bulletproof.org 602-430-COPS
- FireStrong Crisis Support Line - crisis hotline for firefighters www.firestrong.org 844-525-FIRE
- CopLine - confidential line for LEOs active & retired www.copline.org 800-267-5463
- Serve & Protect - trauma svcs for public safety professionals www.serveprotect.org 615-373-8000

Faith-Based Resources

- Police Chaplains - International Conference of Police Chaplains www.cpc4cops.org
- Officer Ministries - Fellowship of Christian Peace Officers www.fcpo.org
- Billy Graham National Law Enforcement Ministry (LEOs and families) www.rrt.billygraham.org
- Adult & Teen Challenge – Christ-centered drug & alcohol recovery www.teenchallengeusa.com
- BulletProof Marriage: A 90 day Devotional Book on Strengthening Marriages of Military & First Responders - Adam Davis & Lt. Col Dave Grossman
- Proud Police Wife: 90 Devotions for Women behind the Badge - Rebecca Lynn
- Boundaries: When to Say Yes, How to Say No to take Control of Your Life - Cloud & Townsend

SUPPORT OPTIONS

Mental Health Education & Professional Resources

- Badge of Life - mental health and suicide education for LEOs & families www.badgeoflife.org
- Concerns of Police Survivors (C.O.P.S.) www.concernsofpolicesurvivors.org
- Emergency Responders Assistance Program (ERAP) in AZ & OK www.erapna.org
- Warrior Rest Foundation www.warriorsrestfoundation.org
- International Critical Incident Foundation - training, resources and peer support www.icisf.org
- Suicide Awareness Voices of Education - support, education, training & research www.save.org
- First Responder Support Network community of first responder resources www.frsn.org
- Amen Clinics - multi-modality brain-based approach beyond psychiatry www.amenclinics.com
- 1st Help - matching first responders with appropriate services www.1sthelp.org
- Gary Sinise Foundation - First Responders www.garysinisefoundation.org
- Counseling Cops - Ellen Kirschman, Mark Kamena and Joel Fay
- Trauma Stewardship - by Laura van Dernoot Lipsky with Connie Burk
- Mental Health America: www.the.nationalcouncil.org

Family Support

- Handcuffed to My Hero - support and education for LEO families www.policefamilies.org
- Police Wives of America - support forums, mentoring, crisis response www.policewivesofamerica.org

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Resources for First Responder Families

- FireFighter Wife - support and resources for firefighter spouses & families www.firefighterwife.com
- Proud Police Wife - providing support & resources to police spouses www.proudpolicewife.com
- The Gottman Institute - a research-based approach to relationships www.gottman.com
- Discover Your Love Language (for Couples and Kids) www.5lovelanguages.com
- National Teen Suicide Prevention Information: www.suicidepreventionlifeline.org

Books

- [I Love a Cop](#): What Police Families Need to Know - Ellen Kirschman
- [Hold the Line: The Essential Guide to Protecting Your Law Enforcement Relationship](#) - Cyndi Doyle
- [Mindfulness for Warriors](#): Empowering First Responders to Reduce Stress & Build Resilience - Colegrove & Anderson
- [Emotional Survival for Law Enforcement](#): A Guide for Officers and their Families (Revised Edition) - Kevin Gilmartin
- [The Rite of Return](#): Coming back from Duty-Induced PTSD - Karen M. Lansing
- [Uncuffed: Bulletproofing the Law Enforcement Marriage](#) - Scott Silverii
- [His Badge, My Story](#): Insights for Spouses & Loved Ones of Law Enforcement Officers - Vicki Gustafson
- [One Badge, One Brain, One Life](#) - Dr. Robbie Adler-Tapia
- [Bulletproof Spirit: The First Responder's Essential Resource for Protecting and Healing Mind and Heart](#) - Willis & Bostic
- [Under Fire: Marriage through the Eyes of a Cop's Wife](#) - Kristi Neace
- [The Price They Pay](#) - Karen Solomon & Jeffrey McGill
- [Gaslighting: A Step-by-Step Recovery Guide](#) - Deborah Vunall
- [Why Marriages Succeed and Fail](#) - John Gottman
- [Hold Me Tight /Hold Me Tight: 7 Conversations for a Lifetime of Love](#) - Dr. Sue Johnson
- [Relentless Courage: Winning the Battle Against Frontline Trauma](#) - Michael Segrue & Shauna 'Doc Springer' Ph.D

Podcasts & Blogs

- [Ride Along Chronicles](#)
- [CJ Evolution](#)
- [Code 4 Couples](#)
- [Code 3 Families](#)
- [The Blue Wife Life](#)
- [The Call - Bulletproof](#)
- [Badge Boys](#)
- [Get Balanced with Dr. Donnie](#)

Mindfulness & Sleep Apps

- [Calm](#)
- [Sleep Restore](#)
- [The Mindfulness App](#)

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- [Stop, Breathe & Think](#)
- [Take a Break! Meditations](#)
- [Mindfulness Coach](#)
- [iBreathe](#)
- [Simple Habit](#)
- [Healthy Minds Program](#)
- [Smiling Mind](#)

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