

CRISIS AND RECOVERY RESOURCE GUIDE

**A QUICK GUIDE TO CRISIS, RECOVERY, AND SUPPORT RESOURCES
FOR EMS.**

EMERGENCY & CRISIS

SUICIDE PREVENTION

DIAL 9-8-8

AVAILABLE 24/7 FOR IMMEDIATE, FREE, AND CONFIDENTIAL SUPPORT FOR ANYONE EXPERIENCING EMOTIONAL DISTRESS, SUICIDAL THOUGHTS, OR A MENTAL HEALTH CRISIS.

NATIONAL SAFE CALL NOW

1-206-459-3020

A 24/7 CONFIDENTIAL CRISIS LINE STAFFED BY FIRST RESPONDERS, FOR FIRST RESPONDERS AND THEIR FAMILIES. OFFERS IMMEDIATE SUPPORT, GUIDANCE, AND CONNECTION TO SPECIALIZED RESOURCES.

FIRST RESPONDER PEER SUPPORT HOTLINE

1-267-893-5400

CONFIDENTIAL PEER SUPPORT FROM FELLOW FIRST RESPONDERS FOR JOB-RELATED STRESS, TRAUMA, OR PERSONAL STRUGGLES.

CRISIS TEXT LINE

TEXT "FRONTLINE" TO 741741

FOR CONFIDENTIAL TEXT-BASED CRISIS SUPPORT FOR EMS, HEALTHCARE, AND FRONTLINE WORKERS.

ICISF CRISIS HOTLINE

1-410-313-2473

THIS LINE OFFERS PEER SUPPORT AND ASSISTANCE FOR THOSE IMPACTED BY CRITICAL INCIDENTS OR HIGH-STRESS EVENTS.

**FLIP OVER FOR MORE HOTLINES AND
RESOURCES ON THE BACK**



EMERGENCY & CRISIS CONT.

DISASTER DISTRESS HOTLINE

1-800-985-5990 OR TEXT "TALKWITHUS" TO 66746

FREE, 24/7 CRISIS COUNSELING AND EMOTIONAL SUPPORT FOR ANYONE AFFECTED BY NATURAL OR HUMAN-CAUSED DISASTERS, INCLUDING FIRST RESPONDERS.

VETERANS CRISIS LINE

1-800-273-8255 (PRESS 1)

24/7 CONFIDENTIAL SUPPORT FROM RESPONDERS AND VETERANS TRAINED TO HELP SERVICE MEMBERS AND VETERANS IN CRISIS.

SUBSTANCE USE & TREATMENT

SUBSTANCE USE

DDAP GET HELP NOW: 1-800-662-4357

A FREE, CONFIDENTIAL 24/7 HOTLINE CONNECTING INDIVIDUALS AND FAMILIES TO LOCAL DRUG AND ALCOHOL TREATMENT SERVICES AND RECOVERY RESOURCES ACROSS PENNSYLVANIA.

NEVER USE ALONE HOTLINE

1-877-696-1996

A REAL-TIME OVERDOSE PREVENTION MONITORING, DETECTION, CRISIS RESPONSE, AND REVERSAL LIFELINE SERVICE.

RESOURCE NAVIGATION

PA-211

DIAL 211 OR TEXT ZIP CODE TO 898-211

CONNECT WITH TRAINED SPECIALISTS WHO CAN LINK YOU TO LOCAL HEALTH, HOUSING, FOOD, MENTAL HEALTH, AND SOCIAL SERVICES 24/7 ANYWHERE IN PENNSYLVANIA.



**EMERGENCY HEALTH
SERVICES FEDERATION**
YOUR COMMUNITY. OUR COMMITMENT.