**Additional Resources**

Transformations Center - Help for Our Heroes  
888 919-2561  
([https://helpforourheroes.com/](https://helpforourheroes.com/?fbclid=IwAR2pn6wWEdtEBsnplLL9eyzBHuYWhJKJLDX8ap9kg5NMHc-p7z4w2QqoLQg))

SAMHSA National Helpline  
1 800 662-HELP  
([https://www.samhsa.gov/find-help/national-helpline](https://www.samhsa.gov/find-help/national-helpline?fbclid=IwAR3jLSSwwdIlG0O_d7fKk4Og_EvCSl-AFIzxW4V0xAoma9FztFprZFdMQYE))

Station House Retreat (First Responder Treatment)  
([https://www.stationhouseretreat.com](https://www.stationhouseretreat.com/?fbclid=IwAR37Oak_sKGWe5a3PV02QWN0ccXlkzjxKbDg2eShDNWVNQgAtL3mMQoX82g))  
1 888 991-1268

McLean Hospital – Boston / LEADER Program for military and LE with PTSD  
([http://www.mcleanhospital.org/programs/leader](https://l.facebook.com/l.php?u=http%3A%2F%2Fwww.mcleanhospital.org%2Fprograms%2Fleader%3Ffbclid%3DIwAR1tFPb1X8dtn6WktxM7R6W5sLiEEBpkOZAMMXbocL3VIE0sZX8jkz4aQRU&h=AT1Vx7VrmkdC9Ll8Lag5V-bMxVWLFlM3-VmDk8zVQ2B_4xwizxwZz6DnjhbQk9IhKG0ceDEXA0bOEsrnX_rGNOO87ex2RGaCX2meoZtpjTpsBfHuFST5NjxUIHfc_5v6utniLYds4On5GWxPynyka_cnvZxdZqi30uZxLgVz_WDhxaJBa-t9u3p3CR2TFG9xQmZesDPRN9tb-OKZOb8O2BdycTAlXoyQfpUxOVgEMBnacTaj0xuBmgCrAnM_0a1o3IztAja39AN8g6-CdG3CU-1EUJtR_LABQZpGChGMIyN4fMI56wF7bN7av6HfsCBx7INWgHrUFOuYi1gu2jCBBPUe-3kH-SdI-hiYcs8A0MoIjtqaVOis3Nl1TR4sOT2c5wM9U95w8djSFqTggvkYpMuaPy6VCEL6N0sUxtrUbFmTmfALkb1LFW2s7NZeBQhMnWfW0zMNuZOs3cZ2z9GGT2yssXbhZOoa9atQGB6nuNM-YmSUrG61TTPqEQtkB1MuIQxMaRujXIIYnxQEqJlxv88TDLYkv2JUz8ctfJub4hjkbRZ3EDWME7i_J1qrguS8w8AKxlnqOg))

Florida House Experience – First Responders Program  
855 749-0101  
([https://fherehab.com/services/first-responders](https://l.facebook.com/l.php?u=https%3A%2F%2Ffherehab.com%2Fservices%2Ffirst-responders%3Ffbclid%3DIwAR0IEvcpFzIFD9oiUwyNH442Xl8Q9duahMoVwBMFfEM3jkC4Q9KC_a0fVeg&h=AT2MFnQWAamh1I_pFqgwoNGjWOW3ydyrA4oAg6ySesxEAoEKS5s6oSxzfJJWqPE3CZICypCJtFDCQgoyrVHYrrL11MoFczANs7vEf22yw1_ZoPShr5vFhwWaPP25iMCV3m55J10vpe2hWen7R-n9pZOpkb7tjufdZWOn9IfQB9dV0P7-Vt9dr4BtAj77SdNFS-1Tn7FHkXeOCvekI8m3JUk93PUJokFc8mDb86d5Q51sYyRe_oeJzSV_hIKmJOZ_MacxudsQKUKUuJ6VLXjWV2HQ5Zcu4383ukF4b0KUVjuC8A03nJWibaSLGDgih4sfzehowLt3BzyrJnaotOwfF0FnlPZTEpHEUh3BA86gLL2dvV_Z1zwEJESsiU-uOdiBM6OH0AYDEjXkR2C5XK4BLBM0cNLkjQEixR6VbWKT5Tto_HBhBXO9f395glh1WNWep9a74_7gzluyk7WTZLv01B1ubqVZea0uq5y0hxi_G-lPvwB90UR90uCBmzuMOD1DzXGdPBuM-Ntgd0S5HNn7q1jH_25NzaBb29boS9WR2YKQLk7F1eVC3MpRoKBrX9I6IXUVVKGCNw))

Under The Shield Foundation  
([www.undertheshield.com](https://l.facebook.com/l.php?u=http%3A%2F%2Fwww.undertheshield.com%2F%3Ffbclid%3DIwAR2pNbzPTW4K-p68JHVRFa3QVncOo3Mbf1Y3zm4kra1arektODRlHwSnnQg&h=AT0DRoqDV6o57WUAU-FMwmwL4r-ChI3xkPjw2E7U5QEOwu4Mhb8Ow-G9h3c8WnokX-9amrCyzQDhlrjUfu9exO6E7qEJUAHg714hm5TBBpyja_sxmmTqZZ12bLv_Z40qDJn34d5BTbxRnTD6KmlG1QLNP50Rr98M7gp7CyUlV0hb3ryzDhBBjzZFnaLzN4MC7Ja_C1NMVt1D7ikVOVhN0jhoN8WBZDgRVbzYHtoesUFLIYw0Thv-QbQTyQYwqMg3apYV9XZqqyEmyiH6Kc18Mn0kYQjgs0HPfJYJvVMui0HiKP5pP8dWPphGgLNSoZvsi4D6dV7LGScJhfkBQmycRyTJvvzRvM_tuPDUrcaGEBd8DWSMggPvZYTh-RE4ge_CCIf64AtZSrogk0S8udSHJLucTOMTKbnWwZmF4tw6sFQ9DJ3-Tb-6rVbSAAmuCO8jChPfbwhlLGbFGT1UJQcRyLXA3N9TK8umUI1OtI3Pd0UZv2a005jtD5pKQEs-IXV02A-h_iMmfy5WjVXq2FswNl_nAwHXp4xKSC_-pERMTpIa0j3GebXxVm6gGSMYCJJ3Y3FxgxnAMw))  
1 855 889-2348

Marworth's Uniformed Professionals Treatment Program  
800-442-7722  
([https://www.marworth.org/programs/uniformed-professional](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.marworth.org%2Fprograms%2Funiformed-professional%3Ffbclid%3DIwAR3Tw9kbmyxwEMW2Ma5kqi5_N2LI2BCmu-LCgqxS9qKuV2CFn7hZK5gnZfA&h=AT2Hv_zShR8VFIVQ58K8rgxDEOWFDN3X6vnCUSSUjaTHR2gcI6CgbvZwRgD9i20QpNKfiuSdxX4Pc8LZkootF59K7eAfAAhjVtUX7dpnwYjm_CigQ_eKLR8g-MR8VlaiyMXbnwGjF0c2GYq0Z9mH9EtGr9_0tSmhUVhDdiaHi10uL_n3VWfnsvtdHtZmtsxrA-XwJa9oSuBI7lNjWpteo5VCXFi0Ftd2AGYjGB6udkLM8WQ3sJoyJwK-RrJs69BgCVeLjONLEh3t1ooT1S6WKo-lGC812oFvGDa827m6kCt4pfJ_kk_9hMD-R99zGERc10nvUhJNTnVYEVJZYkpuLDkxjsjSF4YJ37KlfYpQ1ZUS7_6LJ1IfySZC-YVDhrU9OfA9hRSiRXmoPbb4FAKTznQBDXXInONWOtATgp6n5AWPPbQnCz3QO5Q9w35FyHRpeHYl--swv5QhsYPNEM3AuYpkvrs_V_86WrQJWfBhsq2IN9tpcQoxGVoSuQudK0_Gthb_1P08QR1XAy92kop3fF9gWGhrh0eUNFFUSkFUEEtuhtl-h0FbvrARxjE7D6ugrSG1enZYuw))

Stop Soldier Suicide  
1 844 889-5610

Catch a Falling Star  
([http://catchafallingstar.net](https://l.facebook.com/l.php?u=http%3A%2F%2Fcatchafallingstar.net%2F%3Ffbclid%3DIwAR1c_11rS9q5R-TW0CdMsH4Kx5p4rjcceaFZeGdVRdECXpk1DqWDLwHF4og&h=AT1Pdm5wPffVBoMuu0vr9KSUs8GGDNYiS3y02yVuWXfEsZQe0cNz3BQJDGFhrznkwWxhjPna7xu8zizwaX-9Utm200KMPXH2lzAuPrBoQyfmIzpTJVnaAP2DhotHsKmMduY7cvtaMe3tXArTCo4Nlto_hM_KFqM1hAy0G-pqXwoaFTssCwbTgLdtuneqYHdrisrhFJTgH-aagRhplmXf38VU9rXAopzNoIltQe02rhSkHYi_ZoQeEYixplkpt5lCOgILlNiYLZIkfMd9AvqLcP6M3q9u5i_TOFL9B07WCZtv3o5nP-4p67GcxloLshFHZ0fY7wk9fjusG5-7zlrKgDN1c_TCf-SIKq_YaO77-2e4wRl3ubx_6I0Cs1igJlu5Ibt631hwrxZssUy19eirQn-RtOTQQWhsDT3Qw9bXo49yI1YbcrqjODe8MQt8X5v3SlE7oHvLqWKh5-bLUqEMyPYvYEcgC5isDZP4oe0Ib1Ioh0wxpOK8APLTQfakzdcDPlucGcbb7o1sstlysfqu2K8C3hND1bJLx3T4VFpyQnmR8x5GURYHM0jjgQGzRmLe1cLjMpFxYQ))   
Office 1 716 656-8641   
Cell 1 716 435-4895

Crisis Text Line  
A text will connect you with a trained crisis counselor, 24/7.  
([https://www.crisistextline.org](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.crisistextline.org%2F%3Ffbclid%3DIwAR2q63cUbdwMj0un2u1gnjmZ5q8LqY0krItjNQiwuFjcqudtosye7sSNdKM&h=AT0PqbritsstIOCYO0Fl4PskB15m-8JPPZHQhLqJmw9Lgs1Nvrr-W4HNDVB4o24CQroU99oL3lrvbPwuYCHB7BzE_VsXyK2VTCJJ6tYPyUBI4VjUEoW8OrSoPrM_7JSH2zGR4kfDQQuJaIJ3ch3uNjTODpUa0dWj2kdP_d58hZH7OQCDi6-TTVw_O4GvXlTHrdVhXJ71tP1wcq4GQss4vUP4-3Hj5lmeQDgiKZzK1DvQPTKmCY_mWOB6fFbFX0jHY_xzv-SEfl03YUZ9B6D4XITJHxR-B2XtZqJlHdTKrYvxnI6aFpKPDOB24oogdytsKfj_e4Bm37UhWPyJBoiqmQOgxqYTLcRmSM9jkC7V2JIjveW-nDErTLhy56lRsORHfIoaejiBqVyHD9gu2esrhb06LOMP5Fwn78FukabfWebreHd-JqzWo2onLS-HpihoHFmISqcw0crorzkQ2OezM2Zh_YMBRyYzdDXAihIK6HXVRPvgjGOqos26zqdwCO1xu7hvcQMFFFh4FfnzF8e9afNabgnmQpp-U_ijpr56RvhNg94HJK2xxqFSVa809oMNijw3HtDi1w))

First Responder Support Network provides educational treatment programs for first responders and their families.  
([www.frsn.org](https://l.facebook.com/l.php?u=http%3A%2F%2Fwww.frsn.org%2F%3Ffbclid%3DIwAR3AWIkHJabH4Hc2LiRs1C8_F-PX2pbnncrkTAZooEp2-svBUXvzgfqy514&h=AT26oIFnVgdIK8PBN0EJk8HzkCKtOfPeiYW8leDtZcBp591LMxSCaFgjynDwwjTlHFy-QbALdCDkk3MvtSqiafE2Qc7K85NMxzUbS7Di8RXE3ACfkf3bjJdNMCJKVZvojTfH416pUorKQnJUXrWbM2MiK-EC3ftZukfXJ7657EuhKxo2MGCA0gDIrYZNPgjZM0PJwOWnczd6N5vEAjrpT7YdkdJ9DDW0B0MMWwSQZKxH4XNNb7h2NhbHmm9bNOFOySDRNn4RAbGll3pipFzogeZ9e2aT5G3ezeRYitPL9vrnhxqIaC_T425MgQhQp2E5UtB6MXm1FFig056m8YeLedeM76VNwWr-5CBRLDUggV3_JyZu8nf24WnBP1RBjJpSClLq8kDDIW21dVgTmu0QJU8ClyJyMjEJAGsZnaypbdbdOFceaFicIz-aW3w6oxdaK9JY8Z6x44ZLQr9u10DtgQNvqLzNszvI7PNGKn3nXnM_qNq35xj3Fh2UYfrHCNia3LIEYe6Hu8ALbvuJW8QplAxYgcZkm3cUv-ry7M7TD9a6BZZTLPnRUuh-bZFxwBKTKdHSEkThvg))  
or call 1 415 721-9789

[www.bluelinepsychological.com](http://www.bluelinepsychological.com/?fbclid=IwAR1Lpam19l0ar5VtsJL9C-KXhEv50ySZ3tvrNxxAHQyIDkzn13OYcpsqB2s)   
— at Blue Line Psychological Services, PLLC.

IACP National Symposium on Law Enforcement Officer Suicide and Mental Health  
[www.theiacp.org](https://l.facebook.com/l.php?u=http%3A%2F%2Fwww.theiacp.org%2F%3Ffbclid%3DIwAR2dEId-HvHg2HOAe9uhFSGu18PyseZe_Idq67E4RBH1OAxGolQOg6XDkj0&h=AT1doOz4CYajnKmlOIk2kG7lxI4mARkSLkiXb-nHr8DcNTzjX15Xa0S96KScAdqgDxuxe6HEtZDVdatj2EzZ5vaAygSzVj-WaHhg5l2s0BSatPTs5dT26PrvGdNRjUnj-vlZXGfuFusGriHzBuqY3G9S1pjZopoWzC9XIn5xhBJkASRyucSZlPK7aEP7PsMPga732le_eeDNx0AhFTuG9pNVKZd82rXZADu7-1spWrNmQ9djZzCVvUEw_XGI2LJoKqr-aH0U9KyteGl32vQp4asKZK9Mom9Zg86aKxt7ew6hjqlUOGKTvfEUXT8G5Mt_f25sD3Op6z1iJIBqJV8iPwIEuAr03X9pqZUpnbFWn8MoLlcoZFQXtv6PxF06WMy3JKwZQ__HxJywkop50fvntJuI2RaZt0p0O2c7mrRAx4GobCyXyl2RBcI74bPldHaQRWEvgXtR-uJ5J75qVB9NGv_acai5jvBPhQsfYbbbwWEzDwGmVwiPguJLneh_XHwIq5bLLFXLnB1ISFw82ACmP3urdUsg-Ru_Ri9ISe4aH0F-3nXf1xKOF_K1_0vyIoVUrW1Y8lLreA)  
[https://www.theiacp.org/…/f…/NOSI\_Consortium\_Flyer\_Final.pdf](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.theiacp.org%2Fsites%2Fdefault%2Ffiles%2FNOSI_Consortium_Flyer_Final.pdf%3Ffbclid%3DIwAR3VSOQoqkGG3wjWaMbgYhBLMPoZqtafxraW71Bt8-g7FQrnF5m-EvYgWLg&h=AT1xOzyH_rIUuk2xt2waYXK8O3powEfRVkryyTIUJD5hzCIYDWqV48dy30IckeVdW5StsDXQNiEdf57x6awJidN2X6t5_R4bauhS5-76Xqp1nesENVXWFOa6zTcTgAnJkTimyM2TUP7uyNaCuJh3ybbxeybChJUxUl38R4P9WcruAPQvx_G9buGVFfgzdeX766I5nnEpIEYdNgdvOi7VRVzcxMU3p9qQXxxcvm4VFfwUO441GGZZ7WaEMznpsBp3wZqtPBOZYqJp7tDRN5iQTUWRhL_diJDR8nmaJL_mrM_yOdMuFfjaTkFXqZ-RXKK3zVLzKdfgaOIxIwaVQmNiQrPP3RT-uK02CzFQHti5o5vxVVIJU4eZJW06L-VVE7fmV0uTlRIu1aS4E98kxNRKlCfmOPvJl-0F_kVgo1DyqqLSmzyFY2FKqYBraVRAjEUNALk-OE5On_lYjCkkQnJ_QupmiRMxw6u3o8kAHMe8X6g_zOFacVYTbU77QmuM3G4zAqcaaDPr12Nh6TZ8V4hNCn2F_MP_WLJl2Rgo1TVPbiikakfZNagKDQuMEFnwuufHj-Y2vDDd5Q)