**RESOURCE SHEET**

* **Suicide hotline (National Suicide Prevention Lifeline:** Call 1**-800-273-TALK (8255)**
* **Crisis Text Line** -A service that allows people in crisis to speak with a trained crisis counselor by texting “Start” or “Help” to **741-741**.
* **Cop Line: 1-800-COPLINE (267-5463)** – [www.copline.org](http://www.copline.org/) This is manned by retired cops.
* **SAFE CALL NOW:** 24/7 crisis line for those in public safety and their family members: **1-206-459-3020**
* **Serve and protect:** Help for LEO’s to find MHP who understand police culture & peer support: **1-615-373-8000**
* **Cop2Cop Hotline:** **1 866-COP-2COP (267-2267)** [https://www.njfop.org/cop2cop/](https://www.njfop.org/cop2cop/?fbclid=IwAR3B5oCWzb2IdIxjDSTkpdHY9QnheW3lVZN05mW0fDEhkfqMJ8VwA0iZfSo) Confidential Helpline for New Jersey Law Enforcement Officers
* **1st Help** matches first responders with appropriate services based on a brief questionnaire, which determines what specific assistance you need (emotional, financial, religious, etc.). <http://www.1sthelp.net/> <https://bluehelp.org/>
* **Frontline Helpline 1-866-676-7500**- This is run by Frontline Responder Services. It offers 24/7 coverage with first responder call-takers.
* **Crisis Text Line** -A service that allows people in crisis to speak with a trained crisis counselor by texting “Start” or “Help” to **741-741**.
* **Veterans Crisis Line (Veterans only) 1-800-273-8255 & press 1, or text 838255**-A crisis line specifically for veterans of the US armed forces.
* **Fire/EMS Helpline 1-888-731-3473**-Also known as Share the Load