**First Responder Behavioral Health Resources**

**Missouri:**

Peer Team and PTE Support:

Emergency Chaplain (serving eastern Missouri) - <https://chaplainmatt.org/>

Lake Area FRSST - [rodenwald@sbfpd.org](mailto:rodenwald@sbfpd.org)

Pulaski County FRSST – [pulaskicountyfrsst@gmail.com](mailto:pulaskicountyfrsst@gmail.com)

Rescued and Restored – Faith-Based Peer Support - <https://www.rrpeersupport.com/>

Southern Mo Professional Firefighters Local 152 Peer Support Team – [4firegooch@gmail.com](mailto:4firegooch@gmail.com)

Outpatient Therapy:

42Cares (serving local 42) - <https://www.42cares.org/>

First Access Behavioral Health (serving St. Louis area) - <https://firstaccessbh.org>

First Responder Provider Network - <https://mofrpn.org/>

Inpatient Therapy:

Advanced Recovery Village - <https://www.advancedrecoverysystems.com/fortitude/>

The Aviary Recovery Center - <https://aviaryrecoverycenter.com/>

Valiant Therapeutic Services - <https://www.thevaliantmind.org/>

Warrior’s Ascent - <https://www.warriorsascent.org/>

Training:

Missouri Fire Fighters Critical Illness Pool

Introduction to Peer Support Teams (will input QR codes)

Symposiums (will input QR codes)

Warrior’s Rest Foundation - <https://warriorsrestfoundation.org/missouri-training/>

**Kansas:**

Therapy:

The Battle Within - <https://www.thebattlewithin.org/>

War Horses for Veterans (and first responders) - <https://www.warhorsesforveterans.org>

**National Resources for Training and Materials:**

2nd Alarm Project (offering online and in-person training) - <https://2ndalarmproject.org/>

Firefighter Behavioral Health Alliance (offering online and in-person training) - <https://www.ffbha.org/>

First Responder Center for Excellence (offering online and in-person training) - <https://firstrespondercenter.org/>

First Responder Trauma Counselors - <https://911overwatch.org/>

IAFF - Center of Excellence (offering online and in-person training, and inpatient therapy services) - <https://www.iaff.org/center-of-excellence/>

International Critical Incident Stress Foundation - <https://icisf.org/>

National Fallen Firefighters Foundation (offering online and in-person training)- <https://www.firehero.org/>

National Suicide and Crisis Lifeline - Call or Text 988, Chat - <https://988lifeline.org/chat/>

National Volunteer Fire Council - <https://www.nvfc.org/programs/share-the-load-program/>

Responder Strong - <https://responderstrong.org/>

Science to the Station - <https://www.science2station.org/>

**Podcasts:**

Behind the Shield

The Scrap

**Reading Recommendations:**

Crackyl Magazine - <https://crackyl.com/>

*Mindfulness for Warriors* by Kim Colegrove

*The Body Keeps the Score* by Bessel Van Der Kolk, MD

*Hope out of the Darkness* by Dena Ali