



Provider Mental Health Resources



***To Our Providers: We regularly think of the mental health of our patients, but forget about our own.
EMS inherently involves stressful situations that can tax a provider's mental health.
If you or someone you know needs help, or just someone to talk to, please refer to this list of resources.
They are all available to every responder in Milwaukee County.***

National Crisis Lines

National Suicide and Crisis Lifeline: Call or Text 988

- Network of local crisis centers providing emotional support to anyone in suicidal crisis or emotional distress

Crisis Text Line: Text "BADGE" to 741741, or visit www.crisistextline.org

- 24/7 counseling support for first responders who are struggling with a mental health crisis

Frontline Helpline: Call 866-676-7500, or visit <https://frontlinerehab.com/helpline>

- Former first responders who offer support for other first responders and their family members affected by their traumatic experiences, addiction, anger management, depression, anxiety, sleep deprivation, PTSD, psychological stress, and/or divorce & family issues. All calls are confidential

SAMHSA Disaster Distress Helpline: Call or Text 1-800-985-5990 or visit disasterdistress.samhsa.gov

- 24/7 national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster

Local Resources

Milwaukee Fire Department Peer Support Line: Call 414-397-9415

- 24/7/365 peer support from first responders specially trained to handle provider mental health, available to all providers in Milwaukee County

Aurora Psychiatric Hospital: Call 414-454-6600 Location 1220 Dewey Ave Wauwatosa, WI

- Has an intensive outpatient program for military & first responders

Rogers Behavioral Health: Call 800-767-4411, or visit <https://rogersbh.org/>

- Inpatient locations in West Allis and Oconomowoc serve first responders, although not exclusively

Rosecrance Addiction Services Call 866-928-5278, or visit <https://rosecrance.org/addiction-treatment/florian-program/>

- Specialized substance use and mental health program for police, fire, military; inpatient and outpatient treatment with locations in Wisconsin & Illinois

Additional Resources

Help with life: Call 211

- Operators will provide callers with information on a wide variety of non-emergency family, financial, health, and social service issues

Apps

- Calm: strategies, activities and other assistance with sleep, meditation, and relaxation to improve emotional fitness
- Headspace: library and tools for better sleep, relaxing music, mindfulness exercises and other tension-releasing workouts
- Heroes Health Initiative: tool for healthcare workers and first responders to track their mental health and access helpful resources
- Mindshift CBT: science-based strategies to help you learn to relax and be mindful, develop more effective ways of thinking and manage anxiety
- PTSD Coach: tools for screening and tracking your symptoms, strategies for coping and direct links to support and help

EAP - Employee Assistance Programs

- EAPs offer counseling, therapy, and life balance programs to employees **(P.2 in progress- FD EAPs)**

Medical Director: Benjamin Weston, MD MPH EMS

Division Director: Dan Pojar, BSEMS, FP-C, NRP

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