

## Wellness Resources for Firefighters/EMS

### **Deer Hollow Recovery and Wellness Center**

Deer Hollow is a treatment center specializing in first responder wellness. Their team has in-depth expertise in assisting first responders with PTSD, anxiety, cumulative stress, behavioral addictions and substance use. They apply the most effective and comprehensive treatments and therapies to help first responders heal trauma-related psychological wounds. Call [1-888-5WE-KNOW](tel:1-888-5WE-KNOW).

### **First Responder Wellness**

First Responder Wellness exclusively treats first responders and public safety professionals. They provide confidential, trusted and effective treatment that addresses the unique concerns of first responders. Call [1-888-443-4898](tel:1-888-443-4898).

### **The Vicarious Trauma Toolkit**

A toolkit for coping with work-related exposure to trauma.

### **First Responder Support Network (FRSN)**

Access to resources, programs and retreats to treat traumatic stress in first responders. Call [415-721-8789](tel:415-721-8789).

### **Responder Strong**

Training and resources to equip emergency responders with the tools they need to remain emotionally strong.

### **International Association of Fire Fighters**

IAFF Behavioral Health is a resource page that provides support, training and resources to members.

### **International Association of Firefighters Center of Excellence**

The IAFF Center of Excellence is a one-of-a-kind treatment facility for IAFF members who struggle with addiction, PTSD and other related behavioral health issues. Call [1-855-900-8437](tel:1-855-900-8437).

### **Alcoholics Anonymous**

Washington Alcoholics Anonymous lists meetings by county or city. You may also call [1-866-972-0134](tel:1-866-972-0134) to find meetings near you, locate online or in-person meetings and get 24-hour information on addiction. All calls are confidential.

### **Stronger Families**

Stronger Families focuses on developing critical relationship skills for military, veteran and first responder families so that they can thrive and grow. The organization is endorsed by the U.S. Dept. of Defense and has cared for more 60,000 people.

### **Alcohol Help for First Responders**

Information and resources for alcohol use treatment and recovery in the first responder community.