

Peer 2 Peer Resources

First Responder Support Services, PLLC

(918) 749-0034

FRSS is dedicated to providing professional counseling and training services to Tulsa police, firefighters and dispatchers. Employees and their immediate family members are eligible for counseling services at NO COST with no limits to frequency or number of sessions.

City of Tulsa Employee Assistance Program (EAP) - Community Care

(918) 594-5232

Confidential counseling for officers, dispatchers and their immediate family members when self-referred. Departmental referrals are mandatory and will include report or assessment back to the department. Short-term; 3 sessions per family member, per incident. If the presenting concern will require long-term counseling a referral to an insurance approved counselor may occur immediately.

Tulsa Chaplain Corp

Danny Lynchard, Chief Chaplain

918-596-9138

Oklahoma FOP State Chaplain

Keith Fallis

(918) 557-0035

robert.fallis@gmail.com

Intensive Treatment for First Responders

Oakwood Springs: HOPE FOR HEROS specialty unit for First Responders

oakwoodsprings.com

405-438-3000

13101 Memorial Springs Court

Oklahoma City, OK 73114

Inpatient, Partial Hospitalization, and Outpatient Treatment for police, fire, EMS and military. Participants in HOPE FOR HEROS are separated from the general population at all times. Community Care Insurance is accepted because it's the only local "specialty" unit serving first responders.

National Hotlines

National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org

1-800-273-TALK (1-800-273-8255)

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. They have the ability to respond to those who are Deaf/Hard of Hearing, Veterans and Spanish speaking callers.

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Safe Call Now

www.safecallnow.org

(206) 459-3020

Safe Call Now was established in April 2009 in the hopes that no other officer, first responder or public safety employee should have to walk through a crisis alone. The program allows for confidential, crisis referral 24 hours a day, 7 days a week. Calls are answered by police officers, former police officers, public safety personal and mental health professionals who are familiar with your line of work.

Serve & Protect

www.serveprotect.org

(615) 373-8000

Serve and Protect restores heroes and rescues families in emergency services, including those in law enforcement, fire/rescue/EMT, dispatch and corrections. This program is committed to connecting public safety professionals with mental health, trauma, and chemical dependency care. Phone calls are answered by police officers, retired officers, chaplains and mental health providers who are familiar with public safety.

Cop 2 Cop

1-800-COP-2COP (1-866-267-2267)

The Cop 2 Cop hotline is staffed by retired officers who are Licensed Clinical Social Workers, specially trained mental health professionals, and volunteer retired police officers that have been trained as peer supporters. They are available to help manage a crisis and provide. Available 24/7.

Veterans Crisis Line

www.veteranscrisisline.net

1-800-273-8255

Veterans Crisis Line is available 24 hours a day, 7 days a week to provide support to Veterans and their loved ones. Any Veteran or service member regardless of VA healthcare enrollment status or their discharge status can access this service. The Veterans Crisis Line is able to provide referrals to local crisis supports.

Substance Abuse

Valley Hope

Cushing, Oklahoma

(918) 876-3768

Valley Hope provides Drug and Alcohol treatment, which may include various levels of care including detox, short-term inpatient, residential or outpatient services.

American Addiction Centers

(888) 972-2704

AAC offers an alcohol and substance abuse treatment program that addresses the specific stressors faced by those who work in the law enforcement field. AAC treats law enforcement officers and their immediate family members. Call the confidential treatment line 24/7.

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Sober

www.sober.com

Sober.com is an online resource to connect people with AA, NA, AL-ANON meetings as well as inpatient and outpatient substance abuse treatment.

Addictions

Sexual Addiction

Crossroads Counseling

(918) 270-4100

Crossroads has 3 therapists who have certifications or specialization in sexual addiction and recovery.

SA (Sex Addicts Anonymous)

(918) 879-5625

www.saa-recovery.org

Sex Addicts Anonymous is a 12-step program focused on compulsive sexual behavior. They offer face-to-face meetings as well as telephone and online support.

Oklahoma Association of Problem and Compulsive Gambling

www.oapcg.org

Offers resources for outpatient and inpatient treatment by trained and certified individuals and facilities. This website has multiple resources for education for friends and family supporting a loved one with a gambling problem.

National Council on Problem Gambling.

www.ncpgambling.org

1-800-522-4700

This helpline is available 24 hours a day, 7 days a week and can be access via voice or text. These calls are answered by trained professionals who are available to provide support in crisis and non-crisis situations. There are links to group peer support via chat on the website. There is a plethora of educational information on this website.

Family/Parent Resources

Parents Helping Parents

www.parentshelpingparents.info

Parents helping parents provides support, resources, and education to help families who has a child struggling with addiction.

www.boystown.org

Boys town was founded over a 100 years ago with the mission to change the way America cares for children, families, and communities by providing and promoting an Integrated Continuum of Care that instills Boys Town values to strengthen body, mind, and spirit. This website has a lot of general parenting information as well as frequent articles about issues of relevance.

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Additional resources

Laureate Psychiatric Clinic and Hospital
(918) 491-3700 Outpatient Clinic
(918) 481-4000 Hospital

Books, Websites, and Apps

Emotional Survival for Law Enforcement by Kevin M. Gilmartin

Bulletproof Spirit: The First Responder's Essential Resource for Protecting and Healing Mind and Heart by Dan Willis

I Love A Cop by Ellen Kirschman, PhD.

The Depression Cure: The 6-Step Program to Beat Depression without Drugs by Stephen S. Ilardi, PhD

Real Happiness: The Power of Meditation: A 28-Day Experience by Sharon Salzberg

The Happiness Trap by Russ Harris

The Seven Principles for Making Marriage Work by John Gottman and Nan Silver

Nervous System Management

www.healthjourneys.com

Self-Mastery guided imagery by Belleruth Naparstek. Guided imagery for military, trauma, stress management as well as many other topics. These guided imagery CD's can be purchased on this website as well as Amazon or downloaded from I-Tunes.

Headspace App

There is a "basic" app that teaches the basic skills of mindfulness and meditation. There is an option to purchase the subscription plan which provides access to 100's of meditations on a variety of different topics including building healthy relationships, better sleep as well as performance improvement. (\$12.99/mo or \$94.99/year)

Calm App

The Calm App has guided meditations to assist with multiple topics including stress, anxiety, and sleep. It also has a soothing sounds option (rainforest, nature, etc) as well as diaphragmatic breathing training. This App also has a subscription option that provides access to more options and variety.

Grief

www.whatsyourgrief.com

A website created by two mental health professionals whose mission is to promote grief education, exploration, and expression in both practical and creative ways. They aim to

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provide the public with education that reaches beyond generalization, practical and specific suggestions for moving forward, modes of self-exploration and self-expression that suit all types of thinkers and doers, ways to honor and remember deceased loved ones and a supportive community.

www.centerforloss.com

Founded in 1983 by Dr. Alan Wolfelt, the Center for Loss and Life Transition is dedicated to “companioning” grieving people as they mourn significant transitions and losses that transform their lives. They help mourners, by walking with them in their unique life journeys, and both professional and lay caregivers, by serving as an educational resource and professional forum.

Relationships

www.focusonthefamily.com

A faith based organization founded by James Dobson to support and nurture healthy families and marriages. Multiple articles available on the website to provide information and encouragement on every stage and phase of family life.

www.5lovelanguages.com

Dr. Gary Chapman wrote the book the 5 Love Languages which helps partners identify and “speak” the same language in their day to day interactions. This website has an online version of the love language quiz as well as information and education on how to apply the love languages to your relationships.

www.gottman.com

Drs. John and Julie Gottman have spent 40 years researching marriages and relationships. This website has information and resources to support and build healthy marriages and families.

HOPE FOR HEROES:

Oakwood Springs, 13101 Memorial Springs Ct., Oklahoma City, OK 73114 / 405-438-3000

The HOPE for Heroes program at Oakwood Springs is designed exclusively to meet the recovery needs of active duty service members , veterans, and first responders dealing with mental health or substance abuse issues brought on by on-duty challenges, including combat stress, repeated exposure to traumatic events, grief & loss, and family separation. They also have a 28-day PTSD treatment program. They have an In-Patient and Out-Patient Program. Our Insurance plan covers this just as it would with Laureate Hospital in Tulsa, with the difference being that they have a specialty wing for First Responders only. (See brochure)

Miscellaneous

Psych Drugs

This is an App that provides quick and easy information regarding psychotropic medications including anti-depressants, antipsychotics, mood stabilizers, and anti-anxiety medications. Each drug listing includes the generic name, brand name, class, indications, dosages, maximum dosing for children and adults, half-life as well as potential side effects. This app is free with in-app purchases.