

CISM / SUICIDE PREVENTION RESOURCE LIST

- EAP EMPLOYEE ASSISTANCE PROGRAM - 5 FREE SESSIONS PER TOPIC.
GUIDANCERESOURCE PHONE: (855) 770-3190
GUIDANCERESOURCE ONLINE: WWW.GUIDANCERESOURCES.COM WEB ID: SPARKS
- SIERRA NEVADA REGIONAL CISM TEAM (CONTACT: TEMPLE FLETCHER (775) 742-3245)
- RENO FD PEER SUPPORT CISM TEAM
- CRISIS DISTRESS CENTER - 775.784.8090
- NATIONAL SUICIDE HOTLINE - 1-800-992-5757
- "TEXT MESSAGE" LINE - TEXT "LISTEN" TO 839863
- CRISIS TEXT LINE - TEXT "START" TO 741741
- SUBSTANCE ABUSE COUNSELING - 1-800-450-9530
- CALL/TEXT ME (CORONA) - (951) 317-5155

ONLINE RESOURCES FOR YOU AND YOUR FAMILY

- 360 WELLNESS WWW.360WELLNESS.ORG
ADDICTION, DEPRESSION, PTSD
- FIRE STRONG WWW.FIRESTRONG.COM
24/7 FIREFIGHTER & FAMILY CRISIS SUPPORT
- FIREFIGHTER WIFE WWW.FIREFIGHTERWIFE.COM
RESOURCE SUPPORT CENTER FOR SPOUSES AND FAMILIES
- FIREFIGHTER BEHAVIORAL HEALTH ALLIANCE WWW.FFBHA.ORG
BEHAVIORAL HEALTH AWARENESS, PREVENTION, & INTERVENTION