

1 in 5 people from the general population state they are living with a mental health disorder. First Responders are 5 times more likely to experience mental illness. 7 in 10 First Responders say mental health services are seldom or never utilized. First Responders are more likely to die by their own hand than in the line of duty. What can you do?

## Toolkit

[Organizational Vicarious Trauma Toolkit for Law Enforcement](#)

[Step-by-Step Vicarious Trauma Toolkit Blueprint](#)

Vicarious Trauma Toolkit (VTT) focuses on **organizational** responses to work-related exposure to trauma. While some resources in the toolkit may be useful to individuals, the VTT is intended to provide organizations with the tools they need to fulfill their responsibility to support staff and become more vicarious trauma-informed.

## Resources

### Stigma-Reducing Resources

[How employers can help first responders stay mentally and emotionally strong](#)

Building awareness as a leader can help yourself and others empathize with those struggling with their mental health. Building awareness is the first step in de-stigmatizing help seeking behaviors.

[Fire/EMS Mental Health Awareness Poster](#)

11 x 14 poster, outlining top five (5) behavioral health issues/suicide warning signs affecting firefighters and EMS professionals. Pocket Assessment Guide and Crisis Cards are also available for sale.

[First Responder Mental Health Activity Awareness Poster](#)

Poster campaigns alone will not reduce stigma and change the culture. This resource is meant to be used as a supportive tool for activities being undertaken to address stigma. This tool is a supporting tool to drive people to resources, events, and activities in first responder organizations.

### First Responder Crisis Resources

**Safe Call Now- 1-206-459-3020**

A 24/7 help line staffed by first responders for first responders and their family members. They can assist with treatment options for responders who are suffering from mental health, substance abuse and other personal issues.

## **Crisis Text Line**

A service that allows people in crisis to speak with a trained crisis counselor by texting “Start” or “Help” to 741-741.

## **National Suicide Prevention Lifeline- 1-800-273-8255**

South Dakota Resource Hotline- 1-800-920-4343 or text ONMETH to 898211

Available 24 hours a day, 365 days a year. Offers free, confidential support for yourself or a loved one. Trained specialists are able to answer questions to get you started on your path to recovery and provide immediate assistance to connect you to services in your area.

## **211- Call 211 or text your 5-digit zip code to 898211**

211 is an information, referral, and crisis helpline that provides resource information on non-profit, social services, and government programs, along with providing crisis intervention services. 211 allows you to talk to real people trained to help and connect you to the right resources, organizations or people.

## **Fire/EMS Helpline- 1-888-731-3473**

Also known as Share The Load. A program run by the National Volunteer Fire Council. They have a help line, text based help service, and have also collected a list of many good resources for people looking for help and support.

## **Copline (Law Enforcement Only)**

A confidential helpline for members of US law enforcement. Their website also has additional information on help and resources.

## **Training Resources**

Request a Training at the [South Dakota Suicide Prevention](#) homepage from the following trainings related to suicide prevention and mental health:

### **Mental Health First Aid**

8-hour course that teaches the general public how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps individuals identify, understand, and respond to signs of mental illnesses. The program helps build mental health literacy, helping the public identify, understand, and respond to signs of mental illness. Offers specialty modules for military members, veterans & their families.

### **Applied Suicide Intervention Skills Training (ASIST)**

ASIST is for anyone who wants to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over one million people have participated in this two-day, highly interactive, practical, practice-oriented workshop. [Watch a video about ASIST.](#)

### **Question, Persuade, Refer (QPR)**

QPR is a 1-2-hour training that teaches 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR to help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. QPR has specialty modules for Law Enforcement and Emergency Service Professionals.

### **Safety Planning**

Safety Planning is used to provide people who are experiencing suicidal ideation with a specific set of concrete strategies to use in order to decrease the risk of suicidal behavior. The safety plan includes coping strategies that may be used and individuals or agencies that may be contacted during a crisis. The Safety Planning Intervention is a collaborative effort between a treatment provider and a patient. The target audience would be any behavioral health or health staff.