

Self- Care Lifelines

Working in public safety (emergency medical services, dispatch, fire, and law enforcement) is unique and requires a great deal from the men and women who dedicate their lives to do this work. Many public safety providers are also either in the military or were active duty at one point. They are people who are willing to serve and danger is an expected part of the job. Providers don't always receive thanks from the people that they help. In fact, many people really don't realize or understand the emotional impact of this work on providers and their families.

Public safety agencies can create a culture that supports the idea that self-care is important and it is acceptable to reach out for assistance. Below are resources that can aid in those conversations.

Area Crisis Hotline Numbers by County

Allegheny 1-888-796-8226	Armstrong 1-877-333-2470	Beaver 1-800-400-6180
Bedford 1-866-611-6467	Blair 1-814-889-2141	Butler 1-800-292-3866
Cambria 1-877-268-9463	Cameron 1-800-652-0562	Clarion 1-814-226-7223
Clearfield 1-800-341-5040	Crawford 1-800-315-5721	Elk 1-800-652-0562
Erie 1-800-300-9558	Fayette 1-724-437-1003	Forest 1-814-726-8413
Fulton 1-866-918-2555	Greene 1-800-417-9460	Huntingdon 1-800-929-9583
Indiana 1-877-333-2470	Jefferson 1-800-341-5040	Lawrence 1-724-652-9000
McKean 1-800-459-6568	Mercer 1-724-662-2227	Potter 1-800-652-0562
Somerset 1-866-611-6467	Venango 1-814-432-9111	Warren 1-814-726-8413
Washington 1-877-225-3567	Westmoreland 1-800-836-6010	

National Hotlines

Codegreen (Safe Call Now) 1-206-459-3020 Answers 24/7 staffed by first responders.

Share the Load 1-888-731-3473 EMS/Fire helpline

National Suicide Prevention Lifeline 1-800-273-8255

Provident Agency First Responder Assistance Program 855-207-1747

Veterans Crisis Line 1-800-273-8255 Press 1

Critical Incident Stress Management
Pittsburgh CISM 412-647-CISD (2473)