# WHO WE SERVE

## First Responders in San Diego County:

- Emergency Medical Services/Paramedics
- Firefighters
- Law Enforcement
- Lifeguards
- Probation Officers
- 911 Dispatchers

Fire Captain Ryan J. Mitchell's FIRST RESPONDERS Behavioral Health Support Program

COUNTY OF SAN DIEGO HHSA HEALTH AND HUMAN SERVICES AGENCY | LIVE WELL SAN DIEGO | Pathways Community Services

This program is funded by the County of San Diego / HHSA

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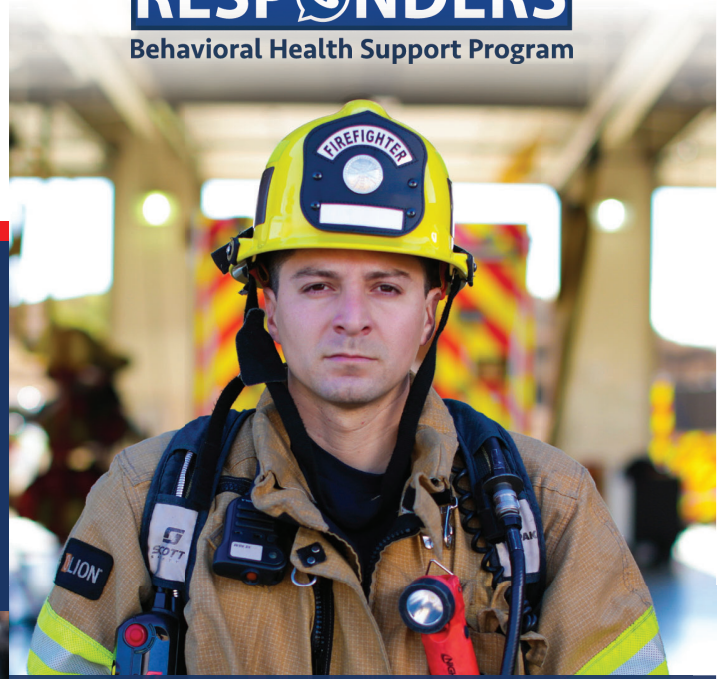
**SDFirstRespondersProgram.org**

## 24/7 HELPLINE

## 1-833-YU-FIRST

## (1-833-983-4778)

Fire Captain Ryan J. Mitchell's FIRST RESPONDERS Behavioral Health Support Program




***You are there for us...***
***We are here for you.***

**24/7**

## 1-833-YU-FIRST

## (1-833-983-4778)

**SDFirstRespondersProgram.org**

# WHAT WE DO

We are a free, confidential 24/7 peer supported referral helpline staffed by active and retired First Responders that are here to listen, support, and assist First Responders in San Diego County.

Our team will:

Provide a **listening and supportive environment** for every caller

Connect First Responders to **local mental health and substance use disorder resources**

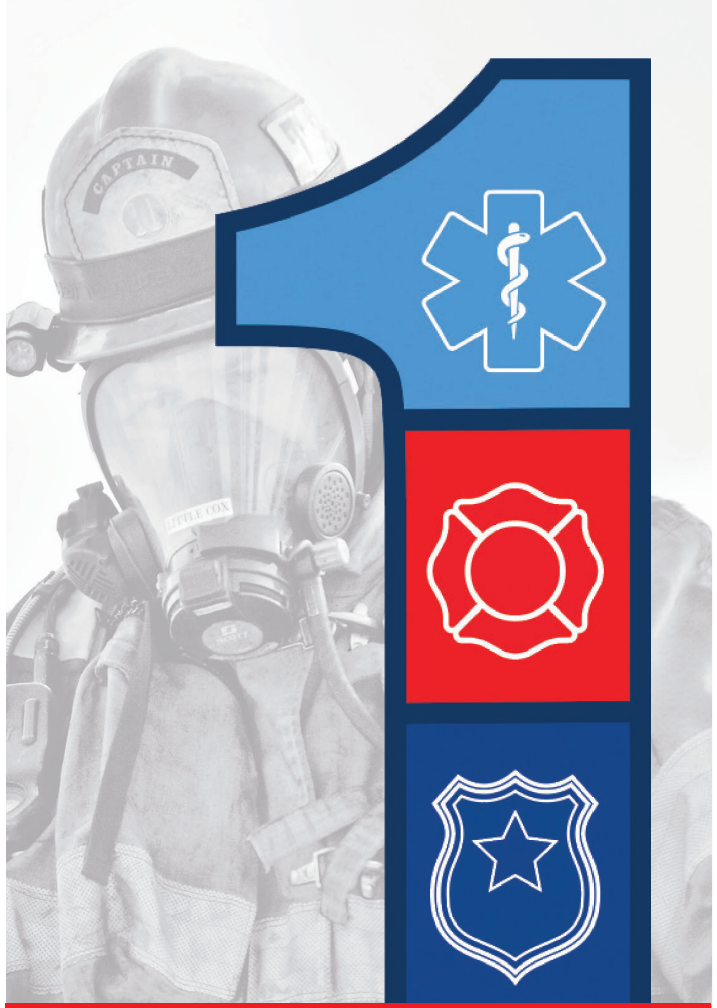
**Provide in-service trainings** to First Responders and First Responder organizations to increase awareness about mental health resources and decrease the stigma and barriers associated with seeking treatment

# ABOUT US

On the morning of November 5, 2017, Fire Captain Ryan J. Mitchell died by suicide. During this year, Captain Mitchell was 1 of 243 Firefighters and Law Enforcement Officers in the United States who died by suicide according to the Ruderman White Paper on Mental Health and Suicide of First Responders. First Responders are at a greater risk for experiencing symptoms of posttraumatic stress, depression, substance use disorders and suicidal ideation. Many First Responders are reluctant to seek behavioral health services due to the stigma and shame associated with mental illness.

The Fire Captain Ryan J. Mitchell's First Responders Behavioral Health Support Program was created to provide First Responders in San Diego County a free and confidential space to seek behavioral health services 24/7 - 365 days a year.

This program aims to increase awareness about local mental health resources and decrease the stigma and barriers associated with First Responders seeking behavioral health support services.



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