# 1-833-YU-FIRST

(1-833-983-4778)

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

Pathways Community Services

# HISTORY OF PROGRAM

**2017** Fire Captain Ryan J Mitchell died by suicide

**2018** Ruderman White Paper on Mental Health and Suicide of First Responders

- More Firefighters and Law Enforcement Officers died by suicide than in the line of duty during they year of 2017.

**2019** Announcement of Program to help First Responders with Mental Health

- Provide a safe, confidential and stigma-free place to access behavioral health services

**2020** Fire Captain Ryan J Mitchell's First Responders Behavioral Health Program

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

# What WE Do

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

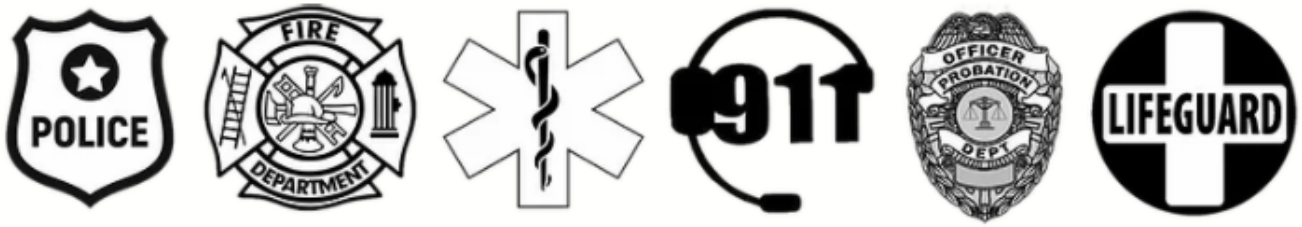
Connect First Responders to local mental health and substance use disorder resources

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

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

# WHO WE SERVE

We serve all retired and current First Responders located in San Diego County

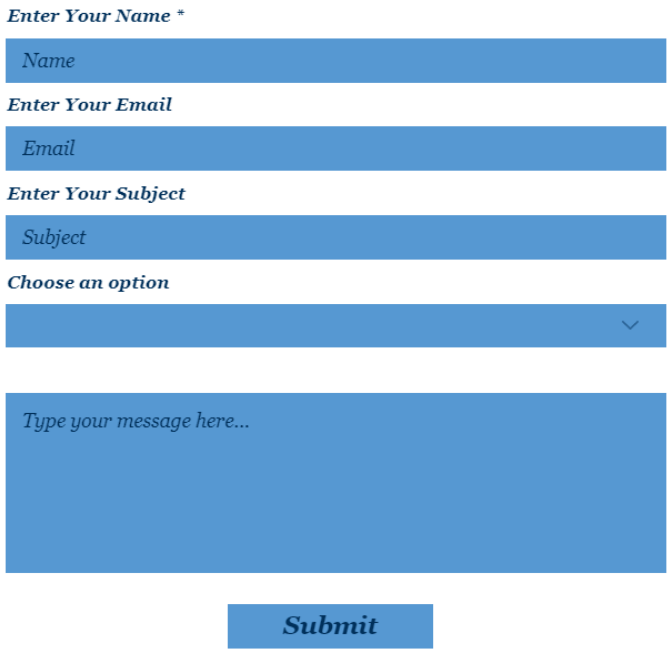



**Emergency Medical Services/Paramedics**
**Firefighters**
**Law Enforcement**
**Lifeguards**
**Probation Officers**
**911 Dispatchers**

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

# HOW TO CONNECT/REFER SOMEONE

www.SDFirstRespondersProgram.org




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

# STAYING CONNECTED

Instagram

@SDfirstrespondersprogram

SDFirstRespondersProgram

Kristie Combs, Program Manager

Kristie.Combs@pathways.com

619-226-9283

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