

SUPPORT THAT SAVES



QUICK REFERENCE FOR
MENTAL HEALTH
SUPPORT

TEXAS A&M ENGINEERING



EXTENSION SERVICE

2025-2026

IN-PATIENT TREATMENT FACILITIES

A residential treatment center, sometimes called a rehab, is a live-in facility providing therapy for substance use disorders, mental illness or behavioral problems.



Advanced Recovery Systems

(321) 527-2576 | advancedrecoveryystems.com

Warriors Heart

(888) 378-1474 | warriorsheart.com

Oakwood Springs

(405) 438-3000 | oakwoodsprings.com

First Responders Treatment

(833) 833-3386 | firstresponderstreatment.com

Deer Hallow Recovery

(883) 5we-Know | deerhollowrecovery.com/
[first-responders](http://first-responders.com)

IAFF Center Of Excellence (IAFF MEMBERS ONLY)

(855) 648-0257

First Responder Wellness - By Simple

888-443-4898 | firstresponder-wellness.com

Save A Warrior

saveawarrior.org

HOTLINES



National Suicide and Crisis Lifeline: 9-8-8

Helpline for anyone who needs help, not specifically first responders.

Safe Call Now: (206) 459-3020

Helpline for first responders and family members with treatment options for responders suffering from mental health, substance abuse and other issues.

COPLINE: (800) COPLINE

Helpline for law enforcement officers and their families staffed by retired police officers.

**Share the Load Fire/EMS Helpline:
(888) 731-3473**

Helpline run by the National Volunteer Fire Council.

Frontline Helpline: (866) 676-7500

Helpline run by Frontline Responder Services and staffed by first responders.

**Firefighter/ Family Crisis and Support Line:
(844) 525-3473**

Helpline for firefighters and family members staffed by mental health counselors trained in fire service culture.

TOOLS AND RESOURCES

Insight Timer App

Free app that offers resources for relaxation, sleep, meditation and music.

[insighttimer.com](https://www.insighttimer.com)

Mindfulness Coach App

Free app developed by the US Veterans Affairs National Center for PTSD.

Victory Therapy Center Horse Therapy

Addresses the mental and emotional needs of veterans, first responders and their families through the healing power of horses.

[victorytherapy.org](https://www.victorytherapy.org)

First Responder Wellness

Provides first responders with specialized care for unique mental and behavioral concerns.

[firstresponder-wellness.com](https://www.firstresponder-wellness.com)

Lighthouse Health and Wellness

Provides no-cost wellness apps and resources for public safety agencies.

[lighthousehw.org](https://www.lighthousehw.org)

The Battle Within

Offers retreats and free short-term therapy for first responders in select states.

[thebattlewithin.org](https://www.thebattlewithin.org)



COMPANIES DEDICATED TO SUPPORTING FIRST RESPONDERS



Cordico

Offers customizable wellness apps to improve workforce retention, resilience and well-being.
cordico.com/fire

FireFlex Yoga

Offers yoga designed for firefighters to improve performance while reducing workers comp claims.
fireflexyoga.com

HOPE Animal-Assisted Crisis Response

Provides animal-assisted support to individuals affected by crises and disasters.
hopeaacr.org

Saddles in Service

Promotes no-cost equine-assisted wellness activities for active-duty military, veterans and first responders.
saddlesinservice.org

SELF SCREENING TOOLS



Evolution Health Check Your Drinking Survey

Survey to consider whether drinking has become an issue.

evolutionhealth.care/cyd

HereToHelp Self Tests

Self-assessments for issues including depression, anxiety and alcohol use.

heretohelp.bc.ca/screening-self-tests

Mental Health America Screening Tools

Self-assessments for mental health conditions, including PTSD, depression, anxiety and addiction.

screening.mhanational.org/screening-tools

Workplace Strategies for Mental Health Well-Being Checklist

Checklist to get a picture of your mental and emotional health.

workplacestrategiesformentalhealth.com/resources/assessing-your-current-situation

Canadian Mental Health Association's Work-Life Balance Quiz

Quiz to assess work-life balance.

cmha.ca/work-life-balance-quiz

National Center for PTSD's Moral Injury and Distress Scale

Self-assessment for exposure to morally injurious events and the possible impacts of moral injury.

ptsd.va.gov/professional/assessment/documents/NCPTSD_MIDS.pdf

Contact Information
Ashley Arredondo
(979) 500-6700 | ashley.arredondo@teex.tamu.edu

TEXAS A&M ENGINEERING



EXTENSION SERVICE