

# Self Care Resources

1. Work employee assistance program
2. National PTSD enter  
[www.ptsd.va.gov](http://www.ptsd.va.gov)
3. Any resource via department of human services trauma informed care  
[dhs.wisconsin.gov/tic/resources.htm](http://dhs.wisconsin.gov/tic/resources.htm)
4. [www.thehelpline.com](http://www.thehelpline.com) #561-659-6900
5. USA suicide hotlines  
800-SUICIDE (800-784-2433)  
800-273-TALK (800-273-8255)
6. Safe Call Now a hotline designed for 1<sup>st</sup> responders  
206-459-3020
7. First Responder support network  
415-721-9789  
[www.frsn.org](http://www.frsn.org)
8. Psychological first aid training
9. American Red Cross free courses
10. Trauma First Aide™ (Everett)
11. Soul Injury  
[www.soulinjury.org](http://www.soulinjury.org)  
727-755-4265

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