

Supportive Resources for EMS Providers

Emergency medical services (EMS) providers often assist individuals during their most challenging moments. This work, while rewarding, can expose providers to trauma and stress that may build up over time. It's important to recognize that experiencing stress or needing help is a human reaction, and seeking support is both normal and encouraged.

The Minnesota Office of Emergency Medical Services (OEMS) is dedicated to supporting the health and wellness of EMS providers. Below is a comprehensive list of resources for EMS professionals and their agencies, offering crisis support, wellness tools, and mental health services.

Crisis Support: Immediate Assistance

If you or a fellow EMS provider needs help immediately, contact one of the following:

- [988 Suicide & Crisis Lifeline](#): Call or text **988**, or chat online at 988lifeline.org.
- **Crisis Text Line**: Text "HOME" or "BADGE" to **741741** to connect with a trained counselor.
- [Minnesota Warmline](#): Peer-to-peer support, call **651-288-0400** or text "Support" to **85511**. Visit Mental Health Minnesota Warmline.
- [Minnesota Mobile Crisis Services](#): 24/7 mental health crisis support.
- [Safe Call Now](#): Call **206-459-3020** for support from first responders trained to help with mental health and substance use challenges.
- [Frontline Helpline](#): Call **1-866-676-7500** for confidential 24/7 support.
- [Veterans Crisis Line](#): Veterans can call **1-800-273-8255**, press 1, or text **838255**.
- [MnFIRE Helpline](#): active volunteer, paid-on-call, part-time and full-time Minnesota firefighters can call 888-784-6634 for confidential, free crisis service.

Mental Health Resources for EMS Providers

Search for these apps in your phone's app store!

- [Crew Care App](#): Tracks mental well-being and offers stress management tools.
- [Firefighter Behavioral Health Alliance](#): Focused on mental health and suicide prevention in first responders.
- [Responder Strong](#): A mobile app providing tailored mental health resources for first responders.
- [The Code Green Campaign](#): Offers first responder-specific resources and education.
- [Heroes Health Initiative](#): Provides mental health resources and assessments.

Wellness and Resilience for EMS Agencies

Promoting mental wellness within EMS agencies is essential. Consider implementing these programs and resources:

- [League of Minnesota Cities PTSD and Mental Health Toolkit](#): A toolkit to support members in addressing public safety mental health and PTSD.
- [NAEMT EMS Mental Health and Resilience Plan](#): Tools to build an effective wellness program.
- [Fatigue Risk Management Guidelines](#): Learn best practices for managing EMS fatigue.
- [Psychologically Healthy Fire Department Program](#): A framework for promoting mental wellness.
- [Mental Health First Aid](#): Training to equip individuals to respond to mental health challenges.

Final Thoughts

EMS professionals face unique challenges that can impact their mental health and well-being. Seeking support is a sign of strength, and these resources are here to help when you need them most. OEMS encourages all EMS providers to prioritize their mental health so they can continue delivering the exceptional care Minnesotans rely on during their darkest hours. Your dedication does not go unnoticed—**you matter, and your work matters.**

Please note that these resources are shared for informational purposes only. This list is not exhaustive, and not every resource may be right for everyone. OEMS is not affiliated with or endorsing any of the listed agencies or programs. These tools are simply provided to support those who may be struggling.

Do not forget about our Critical Incident Stress Management (CISM) teams available to support EMS personnel. Talk with your service regarding your area's CISM team and the valuable resources they provide.

If you are aware of additional resources that could benefit EMS professionals, please email us at compliance.oems@state.mn.us.