

**Assistance Programs**

<b><u>RESOURCE</u></b>	<b><u>PHONE</u></b>	<b><u>WEBSITE</u></b>
<u>911</u>		
Pauquette Center - Portage	(608) 742-5518	<a href="https://pauquette.com/">https://pauquette.com/</a>
Columbia County Crisis Services	<b>1-888-552-6642</b>	<a href="https://www.co.columbia.wi.us/columbiacounty/hhs/HealthHumanService/BehavioralHealthLongTermSupport/CrisisServices/tabid/3600/Default.aspx#:~:text=Columbia%20County%20contracts%20with%20Northwest,%2D888%2D552%2D6642.">https://www.co.columbia.wi.us/columbiacounty/hhs/HealthHumanService/BehavioralHealthLongTermSupport/CrisisServices/tabid/3600/Default.aspx#:~:text=Columbia%20County%20contracts%20with%20Northwest,%2D888%2D552%2D6642.</a>
PFFW Membership assistance Program	(414) 429-2275 (PFFW Counselor)	<a href="https://www.pffw.org/">https://www.pffw.org/</a>
National Suicide Provention Hotline	<b>(800) 273-8255</b>	<a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>
Crisis Text Line	Text HOME to 741741	
National Volenteer Fire Council		<a href="https://www.nvfc.org/programs/share-the-load-program/">https://www.nvfc.org/programs/share-the-load-program/</a>
IAFF Center for Behavioral Health Treatment and Recovery	(877) 256-0411	<a href="https://www.iaffrecoverycenter.com/">https://www.iaffrecoverycenter.com/</a>
Mental Health America of Wisconsin	(866) 948-6483	<a href="http://www.mhawisconsin.org/">http://www.mhawisconsin.org/</a>
Anonymous On-Line Mental heath Screening		<a href="http://www.mhawisconsin.org/screening">http://www.mhawisconsin.org/screening</a>
National Center For PTSD	1-800-273-TALK (1-800-273-8255)	<a href="https://www.ptsd.va.gov/">https://www.ptsd.va.gov/</a>
Mindability FireStrong Fire Crisis Support	(844) 525-3473	<a href="https://www.mindability.com/fire-strong">https://www.mindability.com/fire-strong</a>
CrewCare APP		<a href="https://www.crewcarelife.com/">https://www.crewcarelife.com/</a>
<b><u>PEER SUPPORT</u></b>		
IAFF Peer Support Training		<a href="mailto:behavioralhealth@iaff.org">behavioralhealth@iaff.org</a>
First Responder Supoprt Network	(415) 721-9789	<a href="https://www.frsn.org/">https://www.frsn.org/</a>
Shielded Hearts Peer Support	(414)369-2677	<a href="https://www.shieldedhearts.org/">https://www.shieldedhearts.org/</a>
Code Green Campaign	<b>SafeCallNow 206-459-3020</b>	<a href="https://codegreencampaign.org/">https://codegreencampaign.org/</a>
<b><u>GRIEF SUPPORT</u></b>		
Survivors of Suicide Support Group	<u>608-280-2600</u>	<a href="http://journeymhc.org/community-based-services/#1605559984116-90948d82-c376">http://journeymhc.org/community-based-services/#1605559984116-90948d82-c376</a>
Agrace Grief Support	(800) 553-4289	<a href="https://www.agrace.org/grief-support/grief-support-resources/">https://www.agrace.org/grief-support/grief-support-resources/</a>
<b><u>SUBSTANCE MISUSE</u></b>		
<u>National Institute on Alcohol Abuse and Alcoholism</u>	301-443-3860	<a href="https://www.niaaa.nih.gov/">https://www.niaaa.nih.gov/</a>
<u>The Recovery Village – Substance Abuse Among Firefighters</u>	(888) 609-5442	<a href="https://www.therecoveryvillage.com/resources/firefighters/">https://www.therecoveryvillage.com/resources/firefighters/</a>
<u>Anonymous On-line Alcohol Screening</u>		<a href="https://alcoholscreening.org/">https://alcoholscreening.org/</a>
<u>Wisconsin Tobacco Quit Line</u>	1-800-QUITNOW Text READY to 200-400	<a href="https://ctri.wisc.edu/fact-sheets/quitline-fact/">https://ctri.wisc.edu/fact-sheets/quitline-fact/</a>