

Start with Mississippi care

Local pathways for first responders, dispatchers and families.

Need help right now? For emotional distress or a suicidal crisis: **Call 988 · Text 988 · Chat online**
For immediate danger or a medical emergency, call 911.

Mississippi | All responders & families

Mississippi DMH: find local care

Find mental health and substance use services near you. DMH can help identify local options.

Service information: 1-877-210-8513, available 24/7. Ask providers about fees and coverage.

Open resource: www.dmh.ms.gov →

Mississippi | All responders & families

Mississippi crisis services

State information about Mobile Crisis Response Teams and crisis residential services.

Use the current DMH directory for your county; regional contacts and availability can change.

Open resource: www.dmh.ms.gov →

Mississippi | All responders & families

First Responders of Mississippi

Mississippi organization offering responder wellness connections, family support and training.

Contact the organization to discuss available support, eligibility and any costs.

Open resource: firstrespondersofms.com →

Mississippi | All responders & families

NAMI Mississippi

Explore Mississippi mental health education, support groups and family resources.

Check current program schedules and participation requirements.

Open resource: namims.org →

Support that understands the work

Responder-informed resources and connection for families.

National / usable in MS | Fire, EMS & dispatch

Share the Load: fire & EMS support

NVFC resources for responder behavioral health, families and finding professionals familiar with the work.

The NVFC helpline is a member/family benefit. Check eligibility and provider availability.

Open resource: www.nvfc.org →

National / usable in MS | Law enforcement

Law enforcement provider directory

Search the FOP directory of providers vetted for working with law enforcement.

Filter by location. Confirm Mississippi licensure, new-patient access, fees and coverage.

Open resource: fop.net →

National / usable in MS | Law enforcement

CopLine

Law enforcement support from trained retired officers, with contact options on the organization's website.

Review the service's own privacy and support information before use.

Open resource: www.copline.org →

National / usable in MS | Families & partners

Resources for first responder families

NVFC guides, videos and training resources for families and department leaders.

Some material is written for volunteer fire families. Check course and membership requirements.

Open resource: www.nvfc.org →

Stress, trauma, mood & sleep

Education and coping tools to support a conversation with a clinician.

National / usable in MS | All responders & families

After a difficult call: coping with trauma

VA education on coping with traumatic stress, sleep disruption, intrusive memories and irritability.

Educational resource; talk with a clinician when symptoms persist, worsen or affect daily life.

Open resource: www.ptsd.va.gov →

National / usable in MS | All responders & families

Self-help tools & PTSD apps

Explore VA coping tools and apps, including PTSD Coach and mindfulness resources.

Self-help can support care. These tools do not provide emergency response.

Open resource: www.ptsd.va.gov →

National / usable in MS | All responders & families

Understanding depression

NIMH information on depression symptoms, treatment and getting help.

Use this to prepare questions for your primary care or mental health clinician.

Open resource: www.nimh.nih.gov →

National / usable in MS | All responders & families

Understanding anxiety

NIMH explains anxiety disorders and care options.

Reading alone cannot determine a diagnosis; a clinician can help assess your concerns.

Open resource: www.nimh.nih.gov →

If symptoms persist, worsen or interfere with daily life, speak with a qualified clinician. Educational tools do not replace individualized care.

Recovery & department readiness

Substance use resources and training options for departments.

Mississippi | All responders & families

DMH alcohol & drug services

Explore the state service pathway for alcohol and drug concerns.

Ask about assessments, outpatient options, treatment access and insurance.

Open resource: www.dmh.ms.gov →

National / usable in MS | All responders & families

Alcohol, avoidance & coping patterns

VA education on how alcohol, isolation and overwork can complicate recovery after trauma.

A starting point for discussing coping patterns with a trusted clinician.

Open resource: www.ptsd.va.gov →

Mississippi | Leaders & peer teams

Public safety mental health training

DMH lists Mental Health First Aid and Shatter the Silence options for public safety audiences.

Confirm current dates, costs and registration directly with DMH.

Open resource: www.dmh.ms.gov →

Mississippi | Leaders & peer teams

Mental Health First Aid for Public Safety

DMH describes no-cost public safety training on recognizing concerns and connecting people with care.

Ask DMH about current availability for your department. Training does not replace clinical care.

Open resource: www.dmh.ms.gov →

Before choosing care: Ask about Mississippi licensure, responder experience, cost, insurance and availability. Ask what is confidential, what is documented and when information may be shared. Policies vary by service.

Your agency EAP, peer team and chaplain may offer additional options. Verify current contacts and privacy policies. Program eligibility and availability can change.