

PTSD, Grief, and First Responder Resources

A companion to Rekindling the Flames · Smoke & Vows, Book Two

Rekindling the Flames is a love story, but it is also about what comes home with the people who serve, and what is left behind for the people who wait. Logan's years as a prisoner of war, Laura's grief that no one helped her name, Margaret's loss of her brother. These are realities for too many real families.

If any of it resonated more closely than you expected, please know you are not alone. There are people trained to help you carry it. Everything below is free, and most of it is available around the clock.

IF YOU NEED SOMEONE RIGHT NOW

988 Suicide & Crisis Lifeline

Call or text **988**, any time, any day. Veterans and service members, press **1**. Chat at 988lifeline.org

Crisis Text Line

Text **HOME** to **741741**. Free, 24/7, confidential. crisistextline.org

SAMHSA National Helpline

1-800-662-4357. Free and confidential, 24/7, for mental health and substance use. Referrals to local treatment. samhsa.gov/find-help

FOR FIRST RESPONDERS

Safe Call Now

(206) 459-3020. A crisis line staffed by first responders, for first responders and their families. safecallnow.us

First Responder Support Network

Retreat programs for responders and their spouses dealing with critical incident stress. frsn.org

First Responder Center for Excellence

Behavioral health resources, peer support training, and a directory of clinicians who understand the work. firstrespondercenter.org

IAFF Center of Excellence

Residential treatment for IAFF members facing PTSD, addiction, and related conditions. iaffrecoverycenter.com

FOR VETERANS AND SERVICE MEMBERS

Veterans Crisis Line

Dial **988** then press **1**. Text **838255**. Chat at veteranscrisisline.net. You do not need to be enrolled in VA care.

National Center for PTSD

The VA's research and education center. Self-assessment tools, treatment explanations, and the PTSD Coach app. ptsd.va.gov

Vet Centers

1-877-927-8387. Community counseling for combat veterans and their families, separate from VA medical centers. vetcenter.va.gov

Military OneSource

1-800-342-9647, 24/7. Free confidential counseling for service members and their families. militaryonesource.mil

FOR GRIEF AND LOSS

TAPS / Tragedy Assistance Program for Survivors

1-800-959-8277, 24/7. Support for anyone grieving the death of a military loved one, regardless of how or when they died. taps.org

The Compassionate Friends

1-877-969-0010. Peer support for families after the death of a child, at any age and from any cause. compassionatefriends.org

GriefShare

Local and online grief support groups, searchable by zip code. griefshare.org

This list is offered as a starting point and is not medical advice. If you are in immediate danger, call 911.

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