



Your Mind Matters

HEMS Resources for Crisis & Mental Health Management

**Need to talk now?
Call or Text 988.
Free 24/7 Support
Suicide and Crisis Lifeline**

MENTAL HEALTH RESOURCES:

UT Health Houston - CBEAR First Responder Program

- No cost to all first responders in Texas.
- UT Health provides a confidential helpline to assist in locating suitable treatment and recovery options.
- "The First Responders Educational Campaign" is a free, research-driven initiative.
- The campaign is designed to equip first responders across Texas with valuable information about substance use & mental health disorders.

Heroes Helpline:
1-833-367-4689

1-833-EMS-INTX

First Responder Behavioral
Health Training:
uthealth.catalog.instructure.com/browse/heroes/

ECHO-FAST

- Dedicated peer support for flight crew members.
- Services include both individual and team support options.
- Flight crew members have access to a peer support hotline available 24/7.
- FAST can mobilize trained peer support teams to various locations throughout Texas and the U.S.
- Post critical incident support for immediate family members.

24/7 Peer Support Hotline
(Call or Text)
1-833-247-3278

FAST Team Request:
1-803-526-7620
info@echoflightcrew.org
www.echoflightcrew.org/fast

3FTL

- They provide mental health treatment, case management, medical oversight, trauma-informed counseling, & peer support.
- Services include outpatient care, suicide stabilization, & detoxification.
- They collaborate with facilities across the state to offer long-term treatment options.
- Their mission is to save the lives of those who save us.

Text Jennifer Halley
469-400-8357

Website:
3FTL.com

Survivor's Network

- They build resilience in individuals and organizations through a strong support network.
- Offering educational resources & assistance to medical transport organizations, personnel, & families.
- Focusing on risk mitigation, improving preparedness, & enhancing recovery efforts.
- Raising awareness of industry challenges through targeted education & research.
- Promoting safety and resilience within the community.

Website:
www.survivorsnetwork-airmedical.org

Email:
AirMedSurvivors@gmail.com

LIFT

- The Leadership Incident Fortification Training (LIFT) Program is created by AAMS.
- It equips leaders in emergency medical transport with essential tools for managing high-stress & catastrophic situations.
- Resources that facilitate healing and recovery
- The ultimate goal is to foster post-traumatic growth for both individuals and organizations.

Website:
aams.org/page/lift