

Fire Captain Ryan J Mitchell's First Responders Behavioral Health Support Program

- The Fire Captain Ryan J Mitchell's First Responders Behavioral Health Support Program was created to provide First Responders in San Diego County a free and confidential space to seek behavioral health services 24/7 – 365 days a year.
- Active and retired first responders can call 1-833-983-4778 and speak to peer navigator (former/current first responder) that will:
 - o Provide a listening and supportive environment
 - o Connect first responders to local mental health and substance use disorder resources
 - o Provide in-service trainings to first responders and first responder organizations to increase awareness about mental health resources and decrease the stigma and barriers associated with seeking treatment
- To learn more, visit our webpage and social media pages or call:



- o www.SDFirstRespondersProgram.org
- o <https://www.instagram.com/sdfirstrespondersprogram/>
- o <https://www.facebook.com/SDFirstRespondersProgram>
- o 1-833-YU-FIRST (1-833-983-4778)

This program is funded by the County of San Diego/HHSA

