

First Responder/Health Care Worker Resources

No Referral Needed:

Resource Name	Address	Phone Number	Website	Hours of Operation	What specific resources/ programs are provided?	What does the intake process consist of?	Who specifically qualifies for this program and / or resources?	What are Accepted insurances. Do you provide payment plans / financial assistance and who would qualify?	What is the completion process or any post care follow up.
BCBS of South Carolina Blue Care on Demand	I-20 East at Alpine Rd, Columbia, SC 29219	803-788-0222	http://www.bluecareondemand.com/	Mon-Fri 9 am-5pm	Consultation with a Dr through video chat, healthcare	Login onto website	BCBS insurance holders	BCBS	Call for more information on the follow ups
BCBS of South Carolina Health Coaching	I-20 East at Alpine Rd, Columbia, SC 29219	806-788-0222	https://www.southcarolinablues.com/web/public/brands/sc/members/manage-your-plan/my-health-toolkit/	Mon-Fri 8am-5pm	Consultation with a Dr through video chat, behavioral health, chronic disease and healthy lifestyle coaching, mental health, and substance abuse, referrals to resources	Login onto my health toolkit through the website or through the phone app	Some BCBS insurance holders, dependedent on insurance plan	BCBS	Call for more information on the follow ups
First Responder Support Team (FRST):	1010 Lincoln St, Columbia, Sc 29201	833-364-3778	firstrespondersfoundation.org	Mon-Fri 8am-5pm	Referrals, telehealth, telefitness, behavior health sessions via Zoom, suicide prevention training, resiliency training, stress and trauma workshops, retiree workshops, peer support training, in person therapy sessions, substance use evaluations, substance abuse counseling, and family counseling	email FRST@firstrespondersfoundation.org or call 402-218-1234 option 1 #2	All first responders (paid and non-paid) and their family members	Free	Call for more information on the follow ups
Heroes Health App	online	973-268-9797	https://heroeshealth.unc.edu/	online support service 24hours	Referrals to mental health resources, mental health surveys and mental health symptom reports	Download the Heroes Health app to a smart device (phone, tablet, laptop)	Healthcare workers and first responders	Free	Contact for more information

Nursing Resilience-Free Online Course 3.75 contact hours/ CEUs	online	N/A	https://www.osmosis.org/blog/2021/04/07/nursing-resilience-the-free-online-course-for-nurses	online support service 24hours	8 module online interactive e-learning course on mental resilience and well-being for nurses	Sign up on the website	Nurses	Free	Contact for more information
Physician Support Line	online	1-888-409-0141	physiciansupportline.com	Mon-Fri 8am-1am Sun 8am-6pm	psychiatrists assisting physicians and medical students to discuss work and life-related stressors and mental wellness	Call phone number	Physicians and medical students	Free	Contact for more information
South Carolina Law Enforcement Assistance Program (SCLEAP)	2501 Heyward St, Columbia, SC 29205	803-896-7000 (SLED emergency) or 803-737-9000 (SLED main)	South Carolina Law Enforcement Assistance Program (scleap.org)	24 hours per day	Traumatic loss seminars, Post deployment programs, Post critical incident seminars, training on suicide prevention, crisis and peer support, resource referrals	Call the phone number for SLED and ask for SCLEAP or check website for SCLEAP staff phone numbers	Law Enforcement	Free	call for more information or visit website
Copline	Online	1-800-267-5463	https://www.copline.com	24 hours per day	Callers will talk with a retired law enforcement officer for confidential support	Call the phone number	Retired and Active Law Enforcement and their families	Free	call for more information
Therapy Aid	online	(803) 250-1403	https://therapyaid.org	24 hours per day	Resource referrals for therapy for first responders and US healthcare professionals	Check the website for providers	First Responders and US Healthcare professionals	Free but service providers may charge a fee	Call for more information