

Tailored Mental Health Resources

Resources for Spiritual Seekers

- Spirituality & Health Magazine - <https://www.spiritualityhealth.com>
Articles, practices, and insights on the intersection of mental health and spirituality.
- Insight Timer - <https://insighttimer.com>
Free meditations, music, and spiritual talks from diverse traditions.
- The Center for Action and Contemplation - <https://cac.org>
Teachings from Father Richard Rohr and other spiritual teachers on healing and contemplation.
- On Being Project - <https://onbeing.org>
Podcast and writings exploring deep questions of meaning, faith, and humanity.
- Multifaith Chaplaincy at UCLA - <https://www.studenthealth.ucla.edu/services/mental-health>
A model for integrating spiritual and emotional support in higher education settings.

Resources for First Responders

- Safe Call Now - 1-206-459-3020 | <https://safecallnow.org>
24/7 confidential support line for first responders and their families.
- Code Green Campaign - <https://codegreencampaign.org>
Mental health advocacy, education, and support for EMS, fire, and law enforcement personnel.
- First Responder Support Network - <https://www.frsn.org>
Peer support retreats and counseling resources for first responders.
- Firestrong - <https://www.firestrong.org>
Behavioral health support designed for firefighters, by firefighters.
- Serve & Protect - <https://serveprotect.org>
Crisis support, therapy referrals, and chaplain services for law enforcement, EMS, and military veterans.