



PEER SUPPORT PROGRAM

for First Responder Commanders in the Greater Kansas City Region

**You help your staff every day.
But who do you call when you need help?**

The **Regional Command-Level Peer Support Program** is available to help commanders cope with stressful situations. Talking to a peer — someone who really understands what your job is like — can be just what you need after a particularly difficult incident or when things just get to be too much, personally or professionally.

Peer Support Team members have received more than 32 hours of intense training with experts to learn how to help in these situations. Call 816-701-8212 to ask for a team roster.



816-701-8212

Peer Support Line

FAQs

Q. What is Peer Support?

Peer Support is a **CONFIDENTIAL** peer-based assistance program for first responders.

Q. What can Peer Support do for me?

Provide emotional support during and after times of personal or professional crisis. Provide guidance or referrals to professions or alternate resources as required.

Q. Who can use Peer Support?

Any employee of a department within the MARC region. Any request for peer support outside of the region will require pre-approval. Commander Level is defined as “above a Sergeant” in LEO and “BC and above” in Fire/EMS.

Q. Will what I share with Peer Support be shared with anyone else?

Confidentiality and trust are fundamental components of this program. Everything you say is confidential and will not be divulged with anyone, with the following exceptions: admission of criminal activity, danger to self or others, or if you request it.

Q. Who is on the Peer Support Team?

Commanders representing EMS, Fire, Police and Dispatch.

Additional Resources

- www.survivorsofsuicide.com
- www.thepainbehindthebadge.com
- American Foundation of Suicide Prevention, www.afsp.org
- New Directions, www.ndbh.com
- Financial Guidance
 - » www.daveramsey.com
 - » www.coupons.com
 - » www.bankruptcyinformation.com
- US Dept. of Veteran Affairs
 - » www.va.gov
 - » www.militaryonesource.com
- Alcoholics Anonymous
 - » www.kc-aa.org or 816-471-7229 (24hr)
- Gamblers Anonymous
 - » www.gamblersanonymous.org or 888-374-6442 (24hr)
- 988 Suicide & Crisis Lifeline (24hr)
 - » Call or text 988; chat 988lifeline.org
- Crisis Text line, text HOME to 741741