

Current Mental Health Services for First Responders

Multiple Departments

The following mental health services that span over multiple public safety departments, for first responders' access:

- **Austin Public Safety Wellness Center**
- **Wellness website** also offers information about crisis/recovery resources, including inpatient care, outpatient services, mental health and substance abuse treatment, and the suicide prevention/crisis hotline for immediate help.
- **Volunteer Chaplains** provide support (spiritual and emotional), counseling, and pastoral care. APD is staffed by 19 volunteer clergy, providing spiritual counseling and support. EMS accesses the APD chaplain list while AFD is staffed by 3 additional volunteer clergy.
- **APD First Responder Mental Health Grant** which offers first responders up to 17 confidential sessions with a licensed therapist at no cost.
- **Peer Support Programs** to provide emotional support and referrals.
- **Critical Incident Stress Management (CISM) debriefings**, are conducted after a critical incident, voluntary participation and are completely confidential for all participants.

Below are services provided, specific to each department:

Austin Fire Department

- **Two psychologists (Dr. Ebony Butler and Dr. March Kruse)** offer a range of no-cost mental health services. Psychologists also provide training to AFD/EMS cadets (e.g. introduction to behavioral health difficulties, substance use/DUI).

Austin-Travis County EMS

- **EMS contracts with a psychologist**, available 24/7, Dr. Tania Glenn, PsyD, LCSW, who provides help during traumatic events, Post-Traumatic Stress Disorder (PTSD), suicide prevention education, depression, among other life incidents that may require special care.

Austin Police Department

- **Two psychologists (Dr. Carol Logan and Dr. David Duran)** offering a range of no-cost mental health services.
- **APD Wellness Bureau's internal website** provides convenient access to these services.
- **Eye Movement Desensitization and Reprocessing (EMDR) therapy**

The City of Austin provides health benefits for employees, which includes the following mental health services:

City of Austin's Insurance Provider

- **City medical plans** (BlueCross BlueShield) covers mental health services.
- **City's Employee Assistance Program (EAP)**, Deer Oaks, LLC, provides short-term confidential counseling to help first responders and their families deal with life's stresses.
- **iConnectYou** app instantly connects to professionals for instant support and to help find resources.