



# FIRST RESPONDER PROVIDER NETWORK

The MO CIT Council is a network of representatives from each established local CIT council across the state, Community Behavioral Health Liaisons (CBHLs), state agencies and associations, and those with lived experience. The MO CIT Council provides direction and support on the CIT curriculum, training expansion, and implementation of the program.



## FRPN

The MO CIT Council has identified a list of trained behavioral health professionals who specialize in helping first responders who are struggling with depression, anxiety, relationships, post-traumatic stress symptoms and more. The providers on this network understand our unique professional culture and are trusted and vetted by first responders.

A list of these providers can be found at: [www.missouricit.org/first-responders](http://www.missouricit.org/first-responders)



*The FRPN is considered a self-referral source.*

## WELLNESS APP

The MO CIT Council has made available a free, confidential and anonymous wellness app for all current and retired first responders and their significant others. The app includes free self assessments, a wellness toolkit, and a therapist finder.



Cordico's Wellness App for Missouri First Responders and family members.

**Department ID:** MOCIT (all caps)

**Department Code:** Wellness1

“Before EMDR, I was on the brink of losing my wife, my kids, my job, and even the will to live. Your sessions changed my life. My marriage is healing, and I don’t have the symptoms I used to. I have hope again.”

“I didn’t know what it was like to not feel anxious. I lived with it all my life and now I am even going to social events again.”

“I’m actually sleeping at night. I can’t remember the last time I’ve slept all the way through the night.”

