

2022 Mental Health Resources for FEMA Employees

The mental wellbeing of our workforce is one of FEMA's top priorities. This factsheet focuses on resources available to field personnel in 2022. All services are free to employees.

FEMA Mental Health Support

Employees are encouraged to collaborate with their individual health care provider to take advantage of the full range of services available through their service plans. In addition, FEMA provides several supplemental resources:

Mental Health Programs and Stress Consultation from FEMA

Live, one-on-one and group stress counseling consultations from FEMA's Licensed Clinical Psychologist (LCP). E-mail the mental health inbox FEMA-mentalhealth@fema.dhs.gov to schedule an appointment. Mental health program topics include but are not limited to:

- Anxiety and Coping in the Workplace
- Demystifying and Destigmatizing Depression
- Burnout and Boundary Keeping
- Trauma and Adjustment
- Emotional Intelligence
- Stress and Working Together Under Pressure
- An Introduction to Alcohol and Substance Abuse (Coming Soon!)

Peer Support Program

The Peer Support Program leverages trained volunteers offering confidential support to their fellow employees during times of need. A list of volunteers can be found on the Peer Support SharePoint page. Volunteers come from a variety of backgrounds and FEMA experiences allowing those seeking support to identify the volunteer who best fits their needs. The program is overseen by FEMA's psychologist. E-mail the mental health inbox FEMA-mentalhealth@fema.dhs.gov to request peer support or ask questions about the program. **Additional Information:** [FEMA Peer Support Program \(sharepoint.com\)](#)



FEMA

Deployable Mental Health Resources

The FEMA Chief Medical Officer can direct deploy the FEMA Psychologist and licensed mental health staff to events to provide on-site care. If additional support is required, the Chief Medical Officer can recommend activating the external Mental Health contract to deploy additional licensed professionals. Federal Coordinating Officers can reach out to the mental health inbox at FEMA-medicalservices@fema.dhs.gov anytime to receive professional consultation and access to this contract.

FEMA Mental Health SharePoint Resources

Employee Health and Wellness Hub: [Wellness Hub](#)

Mental Health Workshops: [Mental Health Workshops](#)

Crisis Information: [Experiencing a Crisis?](#)

Mobile Applications

Headspace

FEMA provides free access to Headspace, a behavioral health and wellness app. The app provides unlimited access to hundreds of resources such as guided meditations, animations, articles, and videos on topics such as getting better sleep, improving your focus, and coping with anxious thoughts. **Additional Information (including account set-up):** [Headspace \(sharepoint.com\)](#)

DHS Columbia Protocol Suicide Prevention App

This app was developed to help DHS employees learn about, address and prevent suicide. The app is available on all FEMA cellphones. The tool helps you identify suicide risk and how to support someone based off their responses.

Additional Information: [Suicide Prevention \(sharepoint.com\)](#)

Federal Mental Health Support

Employee Assistance Program

Phone: 1-800-222-0364

Web: foh4you.com

This is a confidential counseling and referral service designed to help you and your family successfully manage everyday challenges and work through personal or work-related concerns. Services include limited counseling, supervisor support, legal, financial, and identity theft help and live and on-demand webinars.

SAMHSA Disaster Distress Helpline (available for first responders and deployed staff)

Phone: 1-800-985-5990 (talk or text)

Web: www.samhsa.gov/find-help/disaster-distress-helpline

The U.S. Department of Health and Human Services (HHS) SAMHSA Disaster Distress Helpline (DDH) provides free, confidential crisis counseling and support to people in distress due to natural and human-caused disasters. The DDH is available 24/7, on all days of the year, via talk or text. The line also offers support in Spanish (people who call or text should press 2 for this option) and several additional languages other than English. People who are deaf or hard of hearing or who have other speech or hearing disabilities can use the texting option or, if they would like support in American Sign Language (ASL), they can call the DDH's toll-free number via videophone-enabled device or click the "ASL Now" link at the DDH website.

For Veterans: Veterans Administration (VA) Mental Health Services

Below is a list of resources available for veteran employees and their families.

- The [Department of Veteran's Affairs \(VA\)](#) provides a list of State Veteran Services Offices that can provide local resources and information about housing, employment, education, and additional VA benefits.
- Visit [VA E-Benefits](#) to learn more about veterans benefits for which veterans may qualify.
- Use VA's [Don't wait - Reach out](#) website to locate support and resources for a variety of challenges, such as health, career, money, relationships, etc.

Health Benefits

- Visit the [U.S. Department of Veterans Affairs](#) to locate a VA hospital or clinic near you.
- Visit [My HealthVet](#) for tips and tools to help you partner with your VA health care team, so together you may work to manage your health.
- The VA has a free, confidential [screening tool](#) you can use if you are experiencing symptoms of a mental health condition.

Crisis and Addiction Support

- [Lifeline for Vets: 1-888-777-4443](#)
- [National Suicide Hotline: 1-800-273-TALK \(8255\)](#)
- [Stop Soldier Suicide: 1-800-273-8255 #1](#)
- [National Center for PTSD](#)
- For addiction support call [Substance Abuse and Mental Health Services Administration](#) (SAMHSA) 24 hours a day, 7 days a week: [800-662-4357](#) (HELP).

For more information on FEMA's mental health programs, email FEMA-mentalhealth@fema.dhs.gov