

EMS Assistance

Organization	Contact info	General info	Assistance Provided
211.org	211.org	National - Each state has a 211 call line. On your cell phone simply dial 211, or go to 211.org and select your state and area. It will divulge what organizations provide assistance and might be able to help someone who is struggling financially or emotionally	Utilities, Housing, Food, Employment, Medical, Mental Health
22 Kill	22kill.com	National - Work to raise awareness to veteran and first responders suicide and support empowerment. They do this through outreach, support and family counseling.	Mental Health, Recreation, Education, Family Counseling
Adaptive Training Foundation	214-432-1070 adaptivetrainingfoundation.org	Carrollton, TX - Empower the human athlete, restore hope through movement, and redefine the limits of individuals with disabilities. Adaptive training foundation empowers those with physical disabilities to transform their lives through exercise and community.	Recreation/Fitness, Volunteer opportunities
Attitudes and Attire	214-630-1667 https://www.attitudesandattire.org	Dallas, TX - The program provides the tools that raise self-esteem, promote ethics and build the confidence to develop successful life skills. For women only	Workshops, Dental, Job readiness program
Austin Street Center	www.austinstreet.org	Austin, TX - Austin Street Center is an emergency shelter that serves men, ages 45 and older, and women	Homelessness
Celebrate Recovery	celebraterecovery.com	National - "Celebrate Recovery is a Christ-centered, 12 step recovery program for anyone struggling with hurt, pain or addiction of any kind. Mission is to be a safe place to find community and freedom from the issues that are controlling our life." <i>Religious based</i>	Mental Health, Rehabilitation
Center for Brain Health	214-905-3007 brainhealth.utdallas.edu	Dallas, TX - Research Institute committed to enhancing, protecting and restoring brain health across the lifespan.	Health, Mental Health, "Warrior Training"
Companions for Heroes	companionsforheroes.org	National - Companions for Heroes provides companion animals, and on a case-by-case basis, service dogs, obtained from shelters, rescues and humane societies, who might otherwise be euthanized, free of charge to active duty military personnel, military veterans, first responders, military spouses and children, and Gold Star Families recovering from the psychological challenges they suffered during <i>service to our country</i> .	Companion animal
County Health Department		Each County - County by county - your health department should have a comprehensive list of services available in your area.	Medical, Mental Health
Equest	972-412-1099. www.equest.org/programs	Dallas, TX - Provides North Texas veterans, first responders and their families with equine-assisted activities and therapies through the "Hooves for Heroes" program.	Mental Health, Recreation, Volunteer opportunity, Employment
First Responders Children's Foundation	nleafcf.org	National - The First Responders Children's Foundation supports children of first responders who have been lost or permanently disabled in the line of duty. The Foundation provides emergency grants and college scholarships for those children, as well as special experiences to support the wellbeing of line of duty families after their tragedy.	Education, Family Support
Gary Sinise Foundation	garysinisefoundation.org	National - Support the children and the surviving spouses of the great men and women who have given their lives for our country since 9/11. They do this by creating and supporting unique programs designed to entertain, educate, inspire, strengthen, and build communities.	Family Support, Home modifications, Mobility devices, Adapted vehicles, Volunteer opportunities, Recreation
Homes for Heroes Foundation	866-974-4376 www.homesforheroesfoundation.org	National - The Homes For Heroes Foundation Purpose is to provide and/or coordinate financial assistance and housing resources to the Heroes of our nation such as Military personnel, Police/Peace Officers, Firefighter and First Responders who are in need.	Housing, Financial assistance, Family Support

Heroes on the Water	214-295-4541 Heroesonthewater.org	National - Help wounded warriors relax, rehabilitate, and reintegrate through kayak fishing and the outdoors.	Mental Health, Recreation, Family Support
Higher Ground	208-726-9298 highergroundusa.org	National - Enhance the quality of life through inclusive therapeutic recreation and education for people of all abilities	Mental Health, Recreation
Operation Warriors Heart Program	817-332-6329 www.warriorsheart.com	Fort Worth, TX - Free mental health and referral services, specializing in private and confidential substance abuse treatment, with special attention to PTSD, unresolved grief/loss, and moral injury.	Mental Health, Rehabilitation
Rise Above Hardship - R.A.H.	Can be found on FB	San Antonio, TX - Rise Above Hardship is a 501(c)(3) non-profit charity that was created to help empower Veterans and others by reigniting their purpose through fitness and community related events.	Recreation/Fitness
Reboot Alliance	rebootalliance.com	Pleasant View, TN - Reboot Combat Recovery helps veterans and their families experience breakthrough in their war against post traumatic stress. <i>Religious based</i>	Mental Health
Red Cross	877-272-7337 redcross.org	National - Training and certification in first aid, CPR and several other areas, disaster relief assistance, deployment services for veterans, and help for veterans who need to claim benefits from the Veterans Administration.	Volunteer opportunities, Benefits, Family Support, Disaster Response
Salvation Army	Salvationarmy.org	National - The Salvation Army offers many services including: shelter, addiction dependency help, emergency response, family tracing, medical services, social programs and sports ministry. <i>Religious based</i>	Rehabilitation, Volunteer opportunities
Samaritan Assistance Center	479-636-4198 www.samcc.org	NWA - This organization serves the hungry of Northwest Arkansas	Food, Volunteer opportunities
Serve & Protect	615-373-8000 serveprotect.org	National - Serve & Protect is a 501©(3) whose mission is to locate and facilitate trauma services for public safety professionals with PTSD symptoms, addictions, or both. Whether residential care or trauma therapists and related services. Serve & Protect works on behalf of the public safety professional to find the right solutions for their real problems. We are the only nation wide organization providing these services. We partner with Safe Call Now who provides our crisis line and facilitates residential care. Serve & Protect facilitates all trauma therapist placements	Mental Health, Outreach
Sheep Dog Impact Assistance	417-812-6035 sheepdogia.org	National - Sheep Dog Impact Assistance engages, assists, and empowers our military and first responders with continued service opportunities and provides the camaraderie that may be missing after a shift or tour of duty ends. These opportunities include disaster response missions, outdoor adventures and holiday assistance programs.	Recreation, Volunteer opportunities, Family Support, Disaster Response
Sons of the Flag	469-930-6694 Can be found on FB	National - Support military, first responder and civilian burn survivors through research, technology and education.	Medical
Team Rubicon	310-640-8787 tearubiconusa.org	National - Team Rubicon unites the skills and experiences of military veterans with first responders to rapidly deploy emergency response teams.	Disaster Response, Volunteer opportunities, Recreation
Tunnel to Tower Foundation	tunnel2towers.org	National - through the Fallen First Responder Program, T2T supports law enforcement, firefighters, and emergency workers that lost their lives under extraordinary circumstances in the line of duty. Its mission is to provide a support system for the surviving family and ensure that they are cared for.	Family Support
Warriors Heart	1-844-448-2567 WarriorsHeart.com	Brandra, TX - Warriors Heart is a private healing center focused on serving first responders, veterans, active duty military, and the warrior class. We specialize in private and confidential substance abuse treatment, with special attention to post-traumatic stress, unresolved grief/loss, and moral injury.	Mental Health, Rehabilitation