MISSOURI FIRST RESPONDER SUPPORT OPTIONS—AT A GLANCE

	BEST USED WHEN...	WHAT IT PROVIDES	WHO IT'S FOR	LEARN MORE
CRITICAL INCIDENT SUPPORT NETWORK (CISN)	Immediate support after a critical incident or when stress from the job or life is building over time	Peer support, immediate critical incident support, and connection to additional resources	First responders following a shared critical incident, as well as individual first responders and their significant others	To learn more, visit mofrpn.org/CISN To request peer contact or activate the team, call **765-843-3776**
POST CRITICAL INCIDENT SEMINAR (PCIS)	The impact of a critical incident or cumulative stress is affecting work, home, or relationships	Education, practical tools, peer connection, and therapeutic support in a structured setting	First responders and spouses/significant others. Available to all first responders through MSHP. Available to state corrections staff at MoDOC	For more information or to register for an upcoming seminar, scan one of the below QR codes ◀ First Responders MoDOC Corrections Staff ▶
FIRST RESPONDER PROVIDER NETWORK (FRPN)	Ongoing stress, cumulative trauma, or when one-on-one care is needed	Confidential therapy with licensed clinicians who understand first responder culture. Services are available throughout the state, both virtually and in-person	Individual first responders; some clinicians offer couples services	To view available providers, visit mofrpn.org. For help finding a provider or scheduling an appointment, call **765-843-3776.**