



“The strong individual is the one who asks for help when s/he needs it.”

(Rona Barrett)

Whether you want to talk to someone you know or someone far away, support is available.

Local Peer Supporters:

- Will Potter (CFR): 919-210-8648
- Heather Robinson (CHFD): 919-308-5762
- Matt Sullivan (retired CHFD & CHPD): 919-810-9227
- Peter Hallenbeck (EVFD): 919-732-6551
- Cindy Allen (NCFD): 919-906-5080
- Laurie Piché (OC Communications): 336-653-9234
- Kim Woodward (OCEMS): 919-847-7262

Regional/State Support:

- NC Peer Support Team: 855-7NC-PEER (7337)
- NC Law Enforcement Assistance Program (all responders & families): 336-345-2089
- NCSFA/VFIS Family Member Assistance Prgm: 866-349-5579
- NVFC First Responder Helpline (24/7): 800-897-9995
- Wake County EMS Peer Support (24/7): 919-218-6777

National Support:

- Suicide & Crisis Hotline (24/7; call or text): 988
- Safe Call Now (24/7; all responders & families): 877-230-6060
- Copline (24/7): 800-267-5463

Updated 9/23