



## *Mental Health Peer Support for First Responders and Communities*

### **WHO WE ARE**

The Kentucky Community Crisis Response Team (KCCRT) is a dedicated group of trained volunteers who provide peer support and mental health services in response to critical incidents, traumatic events, and disasters. Our team includes first responders, mental health professionals, chaplains, medical staff, educators, and community members, all ready for rapid deployment to provide immediate emotional support.

### **OUR SERVICES**

KCCRT offers a range of services to help individuals and communities cope with the emotional impact of crises:

- **Critical Incident Debriefings:** We facilitate peer support group sessions to help individuals process emotions, reduce stress, and promote healing and long-term recovery following critical incidents.
- **Psychological First Aid (PFA):** Our team provides one-on-one emotional support, offering practical strategies to help individuals manage stress, build resilience, and reduce the risk of long-term emotional distress as they begin their recovery journey.

### **WHEN TO CALL US (888)522-7228**

- ✓ After critical incidents such as disasters, mass casualty events, line-of-duty deaths, incidents involving children, community tragedies, and other critical incidents.
- ✓ Following traumatic experiences affecting first responders or community members.
- ✓ To support mental wellness, resilience, and recovery in your community.

### **WHY CALL KCCRT?**

Trauma and stress are natural responses to critical incidents and disasters, but they don't have to be faced alone. Research shows that immediate peer support can significantly reduce the long-term impact of trauma, helping individuals to recover more effectively. Those who receive peer support shortly after a traumatic event are 40% less likely to develop long-term emotional challenges, such as depression, anxiety, PTSD, and substance use.

### **WHO WE SERVE**

- **First Responders:** Providing peer support to help first responders cope with the emotional aftermath of critical incidents.
- **Communities:** Assisting communities impacted by disasters, accidents, and violent events in their recovery.
- **Disaster Survivors:** Offering Psychological First Aid to address the immediate emotional needs of survivors and help them build resilience.

### **CONTACT US**

For immediate support, call KCCRT at (888) 522-7228. Our team is ready to assist at a moment's notice.



**LEARN MORE: [KCCRT.KY.GOV](https://www.kccrt.ky.gov)**