



You are not alone. Resources to support your well-being are a phone call away.

Behavioral Health:

Lori Rieckelman, LCSW-C: 240.777.2212 or 240.876.5790

Lt. Jane A. Callen, MA, MSW, LMSW, LGSW: 301.213.8553

**MCFRS Peer Support Team & CISM Team —
240.777.2277**

IAFF Center of Excellence for Behavioral Health Treatment and Recovery — 301.358.0192

Fire/EMS Helpline – National Volunteer Fire Council — 1.888.731.FIRE (3473)

Other _____