



FIRST RESPONDER PROVIDER NETWORK



The MO CIT Council is a network of representatives from each established local CIT council across the state, Community Behavioral Health Liaisons (CBHLs), state agencies and associations, and those with lived experience. The MO CIT Council provides direction and support on the CIT curriculum, training expansion, and implementation of the program.

FRPN

The MO CIT Council has identified a list of trained behavioral health professionals who specialize in helping first responders who are struggling with depression, anxiety, relationships, post-traumatic stress symptoms and more. The providers on this network understand our unique professional culture and are trusted and vetted by first responders.

A list of these providers can be found at:
www.missouricit.org/first-responders



The FRPN is considered a self-referral source.

WELLNESS APP


The MO CIT Council has made available a free, confidential and anonymous wellness app for all current and retired law enforcement and their significant other, which includes self assessments, a wellness toolkit, and a therapist finder.

DOWNLOAD NOW!

- Scan the QR code with your phone camera
- Download the app
- Enter the credentials:
Username: MOCIT
Password: wellness1

*Everyone shares the same username and password to ensure confidentiality. Do not change the username or password.

Available on the App Store | Google play



“Before EMDR, I was on the brink of losing my wife, my kids, my job, and even the will to live. Your sessions changed my life. My marriage is healing, and I don’t have the symptoms I used to. I have hope again.”

“I didn’t know what it was like to not feel anxious. I lived with it all my life and now I am even going to social events again.”

“I’m actually sleeping at night. I can’t remember the last time I’ve slept all the way through the night.”



MISSOURI BEHAVIORAL HEALTH COUNCIL

