

Fire Fighter & Telecommunicator Resources

Peer Support

RFD Peer Supporters are members of the department who have had training in peer support. We are not counselors. Our job is to actively listen and then point you toward the resources you need. Sometimes that resource is just us giving you an ear to vent to. Anything told to a peer support member is completely confidential. Any breach of that confidentiality will lead to the member being removed from the team. Scan the QR code for our contact information.



Pat Spangler

Highly recommended by other Rockford Fire Fighters & 911 Telecommunicators. Understands our job and the stresses that go along with it. He has run several of our CISDs. QR code will take you to his contact information.



Greg Lindmark Foundation

<https://www.greglindmarkfoundation.com/counselors/>

The Greg Lindmark Foundation webpage has counselors listed (including Pat Spangler) who will see you as an anonymous patient and the foundation pays your bill. The foundation does not know who you are, you call the number listed and state that you are calling about the Greg Lindmark Foundation



Illinois Firefighter Peer Support

<https://www.ilffps.org/>

If you would like peer support but do not want to talk to a Rockford Fire member, Illinois Firefighter Peer Support is another great resource. They will put you in contact with a firefighter who has been in a similar circumstance.



Red Lights

<https://www.greglindmarkfoundation.com/red-lights-blue-lights-groups/>

Group of Fire and Medical first responders, active and retired, who get together and talk confidentially. They meet the 2nd and 4th Thursdays of each month at 7:15pm at St. Mark's Lutheran Church, 675 N. Mulford Rd. Scan code for more info.



Employee Assistance Program (EAP)

SupportLinc 1-888-881-5462 www.supportlinc.com

Username: cityofrockford Password: linc123

Need Help? Peer Support is available.

Scan Below for Contact info

