



FIRST RESPONDERS CHILDREN'S FOUNDATION

Resiliency



We help them cope with stress, manage their fears and build mental resilience.





Our program provides free and confidential mental health counseling and wellness resources to children of first responders.

Children of first responders live each day with the fear that their parent may not return home. What's more, they are exposed to stories of loss, illness and danger. These burdens weigh heavy on children and can impact them significantly—particularly for those who lose a parent in the line of duty. And with an existing mental health crisis among US children overall, stress, anxiety and depression is only magnified for those with first responder parents.

30-40%

of US children reported feeling anxious, depressed and/or stressed*



*Population Reference Bureau survey, 2022

Where the program helps

Our program helps first responder families in a growing number of states across the US.

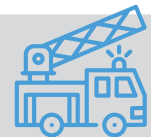
1 million children



Over 1 million in need

Of 4.6 million first responders in the US, FRCF estimates there are more than 1 million children of first responders who could benefit from our resiliency program.

4.6 million first responders



FRCF helps families manage these ever-present stressors by providing free counseling from licensed mental health professionals who specialize in treating children of first responders. The confidential nature of these services helps children feel more comfortable sharing concerns and asking for help. Counselors are available 24 hours a day, either virtually or in person, in a growing number of states across the country (currently in New York, New Jersey, California, Texas, Tennessee and Florida). The program also provides access to a ever-expanding roster of wellness resources that support a child's overall mental health and resilience.

“I know when my father leaves for his shift, there’s always a chance I may never see him again.”

– Delaiah, daughter of a police officer

