POLSON POLICE FOUNDATION | LAKE COUNTY, MONTANA

First Responder Family Guide

Practical guidance for spouses, partners, parents and loved ones in Lake County.

After the Shift

- Agree on a simple transition routine.
- Ask whether your loved one wants quiet, conversation, food, movement or sleep.
- Do not press for confidential incident details.

Protect Sleep and Recovery

- Protect a realistic sleep window.
- Keep the sleep space dark, quiet and cool.
- Discuss household expectations before exhaustion becomes conflict.

Notice Persistent Changes

- Pay attention to ongoing withdrawal, anger, sleep problems, hopelessness, substance misuse or major behavior changes.
- Encourage peer or professional support without shaming.
- Protect your own wellbeing and support network too.

Family Emergency Plan

- Keep trusted family and peer contacts available.
- Know where PPF support information is located.
- For immediate danger or a medical emergency call 911. Call or text 988 for the Suicide & Crisis Lifeline.

Educational guidance, not medical treatment or assessment.

polsonpolicefoundation.com/first-responder-resources