



**RESPONDER
HEALTH**

**YOU ARE ALWAYS THERE FOR US,
WE ARE ALWAYS HERE FOR YOU.**



PEER SUPPORT

New Castle County has a Peer Support program to help you overcome the daily challenges of being a First Responder. This is a confidential face-to-face conversation with a certified individual on the peer support team. You can reach out to these individuals if you need help/guidance through a variety of situations such as:

**TRAUMA | RELATIONSHIPS | FINANCES
PTSD | SUBSTANCE ABUSE**

**IF YOU ARE INTERESTED IN JOINING
THE PEER SUPPORT TEAM, PLEASE
REACH OUT TO DAN PHILLIPS FOR
MORE INFORMATION:**

dphillips@responderhealth.com

OUR MISSION

Our goal is to provide First Responders with an option beyond traditional EAP services. Responder Health provides confidential and full-service solutions that support First Responders through stress and traumatic events.

PUBLIC SAFETY

Public Safety is a stressful, demanding career. First Responders like you keep our communities safe, protect life and property, enforce laws, and resolve conflicts. However, depression and PTSD affect approximately 30% of our nation's First Responders. Responder Health was created to address the mental wellbeing of First Responders by developing a First Responder Support Program tailored to meet the needs of First Responders and their families.

**CLINICAL SUPPORT, PREVENTION
SUICIDE INTERVENTION, PTSD,
CLINICAL INTERVENTION, ADDICTION
INTERVENTION, FAMILY SUPPORT**



**YOU ARE ALWAYS
THERE FOR US,**

*Thanks for keeping
our communities safe.*

**WE ARE ALWAYS
HERE FOR YOU**



PREVENTATIVE SERVICES:

CONFIDENTIAL CRISIS HOTLINE

Available any time you need it, your truly confidential crisis hotline is made for First Responders and answered by First Responders. They are available 24 hours a day, 7 days a week. The CISM trained call takers determine the severity of the nature of the call and when appropriate, will connect you with additional resources equipped to handle your specific situation.



If you are in a crisis,

**MAKE A SAFE CALL NOW
425.655.7556**

RESPONDER HEALTH APP

First Responders and their families get access to a tailored on-demand coaching app. The app teaches skills and habits for dealing with life's daily stressors. Developed by psychologists and brain health researchers, the app offers videos and tools that help people deal with being sad or stressed, rather than avoid these normal life challenges. Just three minutes a day guided by this app enables people to become happier, more resilient, and lead a more fulfilling life.

**24/7 ACCESS | 100% CONFIDENTIAL
PERSONALIZED SUPPORT**



Unlock Code:

NCC21



12712 Park Central Dr. Suite 100
Dallas, TX 75251
info@responderhealth.com
responderhealth.com
facebook.com/groups/responderhealth