

Resources for First Responders orailable through the EAP

Did you know that your Employee Assistance Program (EAP) offers specialized support and resources for first responders? We understand the unique pressures and circumstances faced by public safety employees and are here to help. We offer free, confidential support 24 hours a day.

- In-the-moment telephonic support
- Short-term individual, marital and family counseling- telephonic, in-person or video
- Stress management techniques
- Assistance with substance abuse
- Online articles, self-assessments, videos and e-learning courses available through deeroakseap.com
- Free 30-minute legal consultation with an attorney
- Free financial consultation with our inhouse Accredited Financial Counselors
- Work-life consultation and referral services to assist with daily living stressors i.e. child care, elder care, home repair, pet sitters, etc.

Contact Your EAP Today

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