

WE ARE HERE AND AVAILABLE!

Telehealth-video conferencing is something we've done since 2009 and is business as usual for FAW clinicians.

Remember that in addition to the **COVID-19** crisis, you continue to respond to the 'normal' calls of the job, we are here for all of it. In fact, might feel more significant given the fatigue and worry that we're living under every day!

Critical incident debriefings are still available (We're just being creative).

Not just for you- If a family member would like to talk- we are here to support you. If the Department or Local does not provide benefits for family members, we'll see what we can do. **You are not in this alone.**

Video, phone or text.

Need some ideas on how to have conversations, address fearful feelings... Complain about the dishwasher being loaded inefficiently!

WE ARE HERE.

Call us directly: **If it's URGENT call twice!!
Breaks through DND and also let's us know it's urgent!

THE FIRST ALARM WELLNESS TEAM

*If you don't know which one of us to call- call Tina first and we'll figure it out!

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FIRST ALARM
wellness

Behavioral Health Specialists for Emergency Responders