



# You Have the Communities' Back— **We Have Yours**

## *Coaching for First Responders*

Meet every challenge with confidence— on the front lines and at home with First Responder Coaching through your Employee Assistance Program.

## **Why First Responder Coaching?**

- **Stay Connected:** Coaches are from the first responder community and understand your world.
- **Stay Strong:** Build resilience for duty and daily life.
- **Stay Open:** Confidential conversations with professionals who get it.

**There is strength in support: Reach out to a First Responder Coach.**

**Call (800) 327-4692**



EFR EMPLOYEE & FAMILY RESOURCES