



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.



EFA EMPLOYEE & FAMILY RESOURCES

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