



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

 **FIRST RESPONDER
COACHING**

an EAP benefit
provided
through



EFR EMPLOYEE & FAMILY RESOURCES