



# ConcernPlus

## First Responder Program



**WHAT SETS US APART** - Cultural Competence, Experience, Expertise, Commitment

*First Responders often face extreme stressors in the course of their duties. Those traumatic events can result in profound, long-lasting effects.*

Law enforcement, firefighters paramedics, and EMTs are usually first on the scene to face challenging, dangerous, and stressful situations. Frequent exposure to traumatic events, as well as threats to personal safety, long hours and poor sleep, can add up, taking a toll on mental health and emotional wellbeing.

### You Asked, We Listened.

Concern developed this comprehensive program to address these specific challenges faced by the First Responder community. We're committed to fighting the stigma encountered by First Responders around seeking help for mental health issues, expanding our panel of trauma-trained counselors, and providing superior programs and services that meet the needs of this critical workforce.

Public sector employers want to provide First Responders with the emotional support they need, when they need it. High rates of depression, PTSD, stress, substance abuse, and suicide make getting this support a priority.

## First Responder Program

### FIRST RESPONDER SPECIALTY PANEL

For First Responders & Eligible Dependents

- Culturally competent, uniquely qualified counselors
- Trauma-trained specialists  
PTSD • Anxiety • Depression
- Specialized training, experience  
EMDR • CBT • Brainspotting
- Available for fast response and critical incident stress debriefing
- Virtual or In-Person Access
- Located throughout California

### ANCILLARY SUPPORT

- Clinical support of internal Peer Teams



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