



## First Responder Support Line

Confidential, 24/7 support for those who serve on the front lines



The First Responder Support Line provides confidential, around-the-clock emotional and mental health support for individuals who serve in high-stress public safety roles. Whether you're experiencing burnout, stress, trauma, or simply need someone to listen, our specially trained intake counselors are available to provide in-the-moment support and guidance and help facilitate ongoing counseling.

### WHO IS ELIGIBLE?



**Emergency Medical Technicians & Paramedics**



**Firefighters**



**Law Enforcement Officers**



**Dispatchers**



**Trained Peer Supporters**

You serve our community every day—let us be there for you when you need someone to lean on. Support is just a phone call away. Simply dial the number below and select option 2 to speak to one of our trained intake counselors today.

We're here to help you through all life's challenges. You and your household members also have access to valuable support resources including up to 8 confidential counseling sessions, legal and financial services, an on-demand mental health and well-being mobile app, 24/7 live chat with a professional counselor, and more. Contact your EAP at the number below to talk to a counselor today.

**24/7/365 PHONE:**  
1.833.539.7285  
option 2

**WEBSITE:**  
[SOWI.MyLifeExpert.com](https://SOWI.MyLifeExpert.com)

**CODE:**  
SOWI

