



## SERVICES PROVIDED

- THE COUNSELING TEAM INTERNATIONAL (TCTI)**  
 TCTI identifies, treats and restores a first responder's mental health following an exposure to a traumatic or stressful event. Confidential counseling services are designed for the first responder/public safety employee and their family members at no cost to employees.  
 1-800-222-9691 Available 24/7/365  
[www.thecounselingteam.com](http://www.thecounselingteam.com)
- FIRST RESPONDER WELLNESS**  
 Treatment for alcohol, post traumatic stress, substance abuse, anxiety & depression. State of the art inpatient and/or intensive outpatient programs in Newport Beach.  
 888-443-4898  
[www.firstresponder-wellness.com](http://www.firstresponder-wellness.com)
- DR. SARA GILMAN, COHERENCE ASSOCIATES**  
 Counseling for first responders, couples, individuals, teens, children & families.  
 760-942-8663  
[www.coherenceassociates.com](http://www.coherenceassociates.com)



PASSWORD:  
Support

## ADDITIONAL SUPPORT

### PEER SUPPORT

A Peer Support Team member will provide confidential assistance and support to all Fire employees, active or retired, and their families through one-on-one discussions. Peers will have knowledge of department resources but they do not duplicate or replace the roles of therapists.

Matt Eyerman  
Brent Nogle  
Josh Spann  
Chase Sessions

Darren Young  
Brendan Hammes  
Miles Sweeney  
Chris Jones

Derek Fried  
Mark Gaffney

### CHAPLAIN SUPPORT

Chaplain Connor McFadden (LMFT) Licensed Marriage/Family Therapist  
760-330-7703

### SPOUSE SUPPORT

A Spouse Support Team member will assist Peer Support team as necessary and are available to support all Fire spouses.

Edralyn Botz  
Nicole Halle

Wendy Childress  
Lauren Jones

### HEALING OUR OWN

Fire service resource committed to making emotional wellness and post-traumatic stress injuries a health and safety priority.  
[www.healingourown.org](http://www.healingourown.org)

### NATIONAL SUICIDE PREVENTION HOTLINE

1-800-273-TALK (1-800-273-8255)  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

## HOW WE CAN HELP

### EDUCATION

We develop and provide wellness education to our employees and their families.

### RALLY IMMEDIATE RESOURCES

Immediate defusing and intervention resources for individuals or crews who experience a critical event.

### EMPLOYEE CHECK

We will provide information about services available on a confidential basis. The services may be for you or for a co-worker.

### RESOURCE IDENTIFICATION

We will link you to a resource that best fits your needs, whether it's a personal or professional matter.

Adapted from SDFD Health and Safety  
Updated 03/2023