



WELLNESS RESOURCES



DENVER CITY EMPLOYEE ASSISTANCE PROGRAM

COMPSYCH - 6 Free sessions per issue

P: 877-327-3854

W: guidanceresources.com

Company ID: DENVEREAP

DENVER FIRE DEPT. RESOURCES

Nicoletti-Flater & Associates

Free, unlimited sessions to DFD Members, 6 sessions for family

Appointment Line: 303-989-1617

Crisis Line: 720-675-9502

W: traumathreatandpublicsafetypsychology.com

INSURANCE PROVIDER RESOURCES

Kaiser Behavioral Health
Sessions dependent upon plan
P: 303-471-7700
W: kp.org

Denver Health Behavioral Health
P: 303-602-2146
W: denverhealth.org

United Healthcare Care24
P: 800-828-1120
W: uhctools.com/servicescare24

ADDITIONAL RESOURCES

Foundation1023.org
12 free sessions for firefighters;
4 free for family members
W: foundation1023.org

ResponderStrong Wellness Tool
W: You.responderstrong.org
U: ResponderStrong.org

Chaplain
DFD: Ron Beigler 720-839-9537
DPD: On-Call: 720-641-0791
DSD: Jon Knott 303-435-2028

CRISIS RESOURCES

24/7 National and Local Crisis Resources:

- Colorado Crisis Services / Community Crisis Connection: 1-844-493-TALK (8255)
- National Suicide Prevention Lifeline: 1-800-273-8255

24/7 Resources for Public Safety Professionals:

- Colorado Emergency Responder Crisis Text Line: Text "BADGE" to 741741
- Safe Call Now: 206-459-3020
- Cop Line: 1-800-267-5463



WELLNESS RESOURCES



Openhearted <i>I'm creating and in flow</i>	Thriving <i>I got this</i>	Surviving <i>Something isn't right</i>	Struggling <i>I can't keep this up</i>	In Crisis <i>I can't survive this</i>
Confident and curious Clear and energized Courageously pursuing your interests Compassionate and kind Connected and open communication Growth mindset Dynamic balance in your life priorities Spiritual and consciousness development	Calm and steady with minor mood fluctuations Able to take things in stride Consistent performance Able to take feedback and to adjust to changes and plans Able to communicate effectively Normal sleep patterns and appetite	Nervousness, sadness, increased mood fluctuations Inconsistent performance More easily overwhelmed or irritated Increased need for control and difficulty adjusting to changes Trouble Sleeping or eating Activities and relationships you used to enjoy seem less interesting or even stressful Muscle tension, low energy, headaches	Persisten fear, panic, anxiety, anger, pervasive sadness, hopelessness Exhaustion Poor performance and difficulty making descisions or concentrating Avoiding interaction with coworkers, family and friends Fatigue, aches and pains Restless, disturbed sleep Self-medicating with substances, food, or other numbing activities	Disabling distress and loss of function Panic attacs Nightmares or flashbacks Unable to fall or stay asleep Intrusive thoughts Thoughts of self-harm or suicide Easily enraged or aggressive Careless mistakes, an inability to focus Feeling numb, lost, or out of control Withdrawl from relationships Dependence on substances, food, or other numbing activites to cope
1	2	3	4	5

