



# First Responder Support for **World Mental Health Day:** October 10, 2020

Today we raise awareness of mental health issues in order to improve the wellbeing of First Responders.

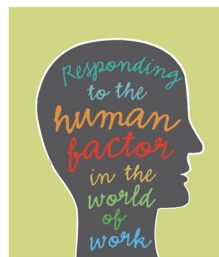
The world is experiencing the unprecedented impact of COVID-19, natural disasters, and increased social unrest. The levels of anxiety, fear, isolation, uncertainty and emotional distress are high.

Prioritize self-care today! If you are struggling, reach out. Talk to a trusted colleague, friend, or relative. Call Claremont EAP to get connected to a licensed clinician in private practice. **You are not alone.**

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For free online resources for First Responders, visit:

**[you.responderstrong.org](https://www.youresponderstrong.org)**



CLAREMONT EAP

**For free and confidential services, call Claremont EAP:**

**800-834-3773**

**[ClaremontEAP.com](https://www.ClaremontEAP.com) | [PositivtyCenter.org](https://www.PositivtyCenter.org)**



If you are thinking about suicide or worried about a loved one, contact the Suicide Prevention Line at **800-273-8255**. It is available 24/7.