

NATIONAL

SUICIDE PREVENTION LIFELINE™

1-800-273-TALK (8255)

suicidepreventionlifeline.org



Virginia Department of
HUMAN RESOURCE
MANAGEMENT

Employee Assistance Program

CLICK ANY BOX TO ACCESS Trauma Support

DO YOUR BEST TO STAY WELL BY
TAKING CARE OF YOURSELF
FIRST AND FOREMOST



First Responder **BEHAVIORAL HEALTH** HANDBOOK

