



# **CAREGIVER RESOURCES**

- Optum Health Employee Assistance Program 1.866.248.4094
- GMR Life Resources gmr.net/WellBeing
- First Responder peer-to-peer connect app get access at ResponderRel8.com
- Free 24/7 Crisis Text Line Text BADGE to 741-741
- Resources for First Responders allclearfoundation.org



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