



CAREGIVER WELL-BEING RESOURCES

Resources for GMR employees

- **Contact us** - Reach out to GMR Life directly at GMRLife@gmr.net
- **Tools and resources for first responders and their families** - allclearfoundation.org
- **SonderMind** - Employees in Colorado, Texas, Arizona, Ohio, Washington, DC, Georgia, Maryland, Nebraska, Virginia and Missouri can use this dedicated GMR portal to connect with clinicians who understand the job while maximizing healthcare and EAP benefits to minimize out-of-pocket costs. This program is in the process of national expansion. gmr.withsondermind.com
- **Optum EAP** - After navigating to the website (www.liveandworkwell), select "browse as a guest with company access code." Then, use access code "oneteam" and scroll down to select options.
- **GMR 24/7 Crisis Line** - GMR provided 24/7 FREE and confidential crisis line: In distress and need help NOW? Call **833.479.7337** to be connected to an on-call clinician.
- **Chaplain Services** - You can now confidentially contact a chaplain directly or request a call back at www.telechaplain.net



TOOLS AND SUPPORT

A career in EMS and service to others can be incredibly rewarding. Because of the work we do as first responders, exposure to traumatic events occur. GMR Life exists to support all employees at GMR with wellness, resilience and mental health resources. The tools and resources below have been created and designed to aid first responders on their path to wellness and to minimize the negative impact of stress.

- **YOU|ResponderStrong Tool** - free and confidential tool that helps you and your family live your best lives you.responderstrong.org
- **Mental Health Resources for Emergency Responders** www.ResponderStrong.org
- **Free 24/7 Public Crisis Text Line** - Text **BADGE** to **741-741**
- **National Suicide Prevention Hotline** **800.273.8255**

We believe that a culture of well-being must be ingrained in an organization's soul. We also believe that well-being is a critical component of the employee experience and, as a company, we are committed to providing the best resources to help everyone who is focused on the well-being of others.