



CAREGIVER WELL-BEING RESOURCES

Resources for GMR employees

- Contact us - Reach out to GMR Life directly at GMRLife@gmr.net
- Tools and resources for emergency responders and their families - [ResponderStrong.org](https://www.ResponderStrong.org)
- GMR 24/7 Crisis Line - GMR provides a 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.
- GMR personnel specific resources: <https://www.globalmedicalresponse.com/resources/gmr-medicine/gmr-life>
- Optum EAP - After navigating to the website (www.liveandworkwell.com), select "browse as a guest with company access code." Then, use access code "oneteam" and scroll down to select options such as mental health counseling, financial advice or legal support.
- 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](https://www.YOU.ResponderStrong.org)
- Mental Health Resources for Emergency Responders www.ResponderStrong.org
- 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.