



# FIRST RESPONDER WELL-BEING RESOURCES

## *Resources for GMR employees*

- **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](tel:833.479.7337) to be connected to an on-call clinician.
- **Non-urgent needs** - Contact GMR Life directly at [gmrlife@gmr.net](mailto:gmrlife@gmr.net) or [833.507.5433](tel:833.507.5433).
- **GMR personnel specific resources** - [gmr.net/gmrlife](http://gmr.net/gmrlife)
- **Chaplain services** - Confidentially contact a chaplain at [www.telechaplain.net](http://www.telechaplain.net)
- GMR Life is the internal division of Global Medical Response that exists to promote, support and maximize physical, mental, emotional and spiritual wellness for all employees. This team assists individuals and operations in locating urgent and non-urgent resources, navigating the system to increase accessibility and creating solutions to challenging situations.
- A career of service to others can be incredibly rewarding. However, exposure to traumatic events is unavoidable in emergency response work. How we respond to stress and trauma drastically impacts our quality of life.

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.

## TOOLS AND SUPPORT

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 responders on their path to wellness and to minimize the impact of cumulative stress and trauma.

- Mental Health Resources for Emergency Responders - [www.ResponderStrong.org](http://www.ResponderStrong.org)
- National Suicide Prevention Hotline - [800.273.8255](tel:800.273.8255)
- GMR's EAP is Spring Health - [855.629.0554](tel:855.629.0554) or [TCTC.SpringHealth.com](http://TCTC.SpringHealth.com)