



RESPONDER ASSISTANCE INITIATIVE

Support for public safety personnel on the job and at home.



866-731-6901

Assistance is Free and Confidential

START THE PROCESS:

You will be asked to leave a confidential message which will be returned within one business day.

This is not an emergency crisis line. Call 911.

C E L E B R A T E P R O G R E S S Y
O Q D R A O B N O I S I V C W E E E
N Y N O E P K E H M V P I N L S L H
F D Z I E D S N I E U T A F Y O F E
I A X E Q I V L B R C O W O R P C A
D I L T C M E A P A L O U P E A A L
E S U R A G C O R A R C D G L R R T
N Z E T H K S P N T A F A R A E E H
C X X T U E E R H N P R I O X H H Y
E D P L G C U R N C U O S W W T A D
C B L N A O R M I O P S Y T H N B I
G D O B J N A I C S P E M H P R I E
C T R E S S A L A V K Y L L O H T T
B S E I B B O H S H B S P T N G S P
M A K E E F F O R T W D N I K E B M
F C F A C E Y O U R F E A R S C S J
L N O I T A T I D E M Y N F E R N G
P A H F L E S R U O Y E V I G R O F

YES YOU CAN - CELEBRATE PROGRESS - GIVE BACK - SELF CARE HABITS - CONFIDENCE - OWN IT - SELF WORTH FORGIVE YOURSELF - EXERCISE - SET GOALS - NEW HAIRCUT - MENTOR - JOURNAL - VISION BOARD - HEALTHY DIET SLEEP - MEDITATION - TAKE RISKS - SMILE - BE KIND - MINDSET - PURPOSE - PRACTICE - MAKE EFFORT - EXPLORE COURAGE - THERAPY - RELAX - HOBBIES - ASSERT - GROWTH