



Support for First Responders

First responders routinely witness horrific events that most people don't. These experiences call for increased attention to mental health. Your Employee Assistance Program (EAP) is here to help!

Services Overview

- In-person, virtual, and telephonic therapy sessions
- Virtual coaching sessions
- Online peer support groups
- Industry-leading app
- Personalized CBT-based course recommendations
- Confidential well-being assessments
- Financial guidance and legal consultations
- Work-life resources

Short-Term Counseling

Claremont understands that first responders have unique health concerns. Claremont offers in-person counseling with a licensed clinician who specializes in working with first responders to address issues related to the stress of the job as well as personal concerns. Call **800.834.3773** to access your benefit.

On-Demand Emotional Wellness Support

Tess is an AI chatbot that provides support and check-ins to boost your wellness. Tess is available 24/7 to talk at your convenience, in order to enhance your well being. Text "Hi" to Tess and enter "Claremont" as your company name to get started: **650.825.9634**.

Online Group Sessions

The EAP includes referrals to participate in online support groups. Group sessions are available for a variety of issues including: anxiety, depression, bipolar disorder, and substance abuse. Call **800.834.3773** to get started.

Online Wellness Resources

For free online resources for First Responders, visit **responderstrong.org**.

For general behavioral health resources, visit Claremont Personal Advantage to access wellness webinars, articles, assessments and more: **claremonteap.personaladvantage.com**.

We're Here to Help.

Call: **800.834.3773**

Go To: **claremonteap.com**