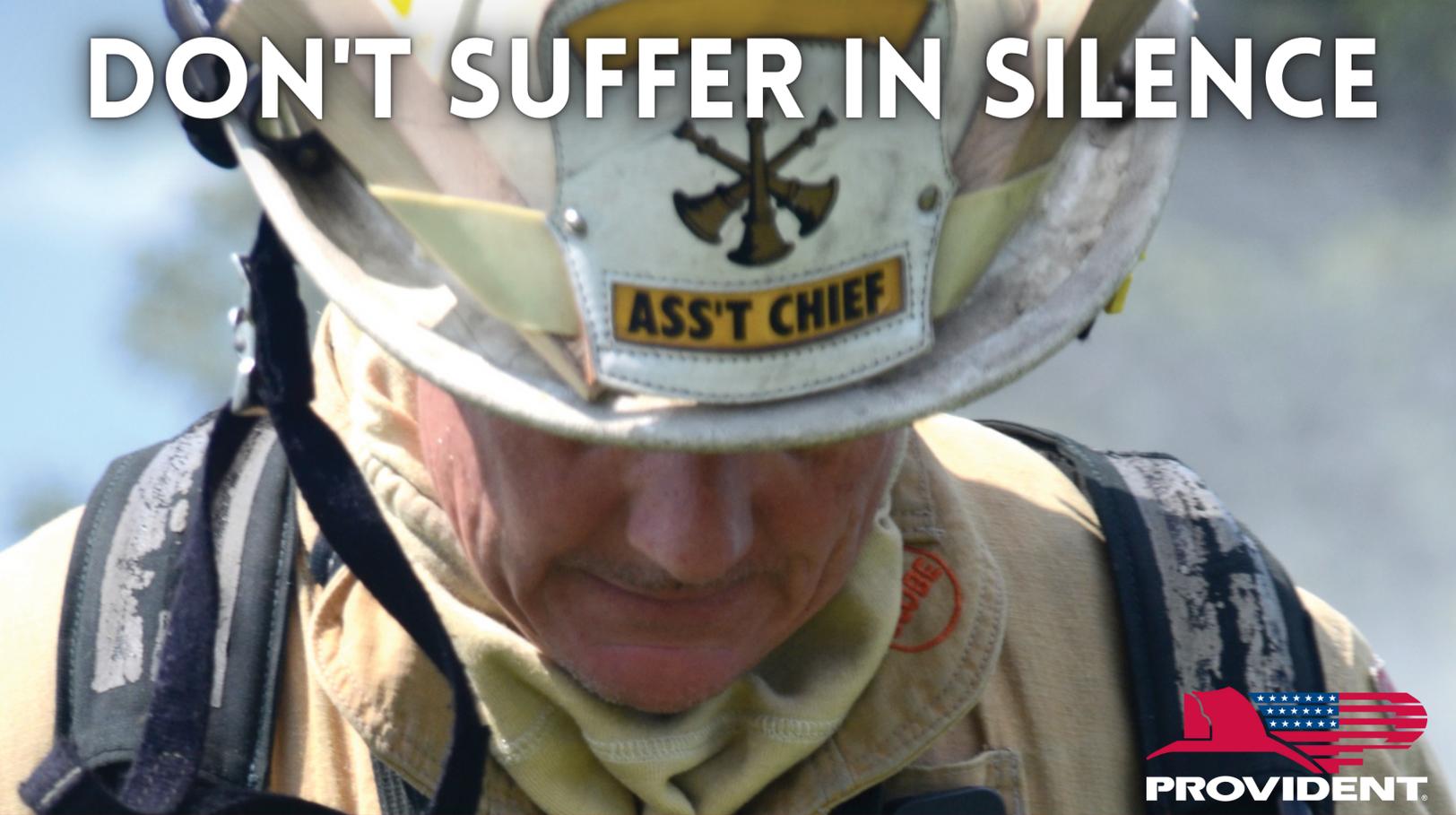


# DON'T SUFFER IN SILENCE



## FIRST RESPONDER ASSISTANCE PROGRAM (FRAP)

PTSD AND MENTAL HEALTH SERVICES

AVAILABLE FOR FIRST RESPONDERS & THEIR FAMILIES

FRAP OFFERS **24/7 CONFIDENTIAL HELP** FOR ISSUES REGARDING:

- STRESS MANAGEMENT
- DEPRESSION
- FAMILY CONFLICT
- ANXIETY
- GRIEF & LOSS
- RELATIONSHIPS
- FINANCIAL OR LEGAL
- ADDICTIONS
- PROBLEM GAMBLING
- CHILD AND ELDER CARE

## DON'T WAIT...TAKE ACTION!

- 1) ACCESS THE FIRST RESPONDER ASSISTANCE PROGRAM AT **(855) 207-1747**.
- 2) FRAP PROVIDES OVER THE PHONE STRESS COACHING WITH **EXPERIENCED BEHAVIORAL HEALTH CLINICIANS**.
- 3) WHEN APPROPRIATE, FRAP CAN PROVIDE REFERRALS TO LOCAL MENTAL HEALTH RESOURCES.

TO LEARN MORE, VISIT [WWW.PROVIDENTINS.COM/FRAP](http://WWW.PROVIDENTINS.COM/FRAP)

THE FIRST RESPONDER ASSISTANCE PROGRAM IS NOT INSURANCE AND IS NOT PROVIDED BY AXIS INSURANCE COMPANY. IT IS A SERVICE PROVIDED THROUGH PROVIDENT BY BHS™ IN PARTNERSHIP WITH RESPONDERS 1st CALL™. The Accident & Health insurance coverage is underwritten by AXIS Insurance Company.

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