

The First Responder Peer Support Program

Protecting those who protect us.

First responders aren't the made-from-steel superheroes of the movies. They are flesh and blood men and women who can bend and break from the toll of their professions.

Trusted, confidential, accessible support is now just a call or click away.

Aetna.com

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Provided by

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First responders are in crisis.

The numbers point to a problem far greater than imagined.

- **30%** of first responders develop behavioral health conditions¹ — **5x higher** than the civilian population.²
- Police and firefighters are **more likely to die by suicide** than in the line of duty.²
- Police officers, firefighters, paramedics and EMTs face high levels of stress, anxiety, depression and PTSD.

Barriers exist to seeking help.

First responders don't always use traditional Employee Assistance Programs and Behavioral Health programs because they:

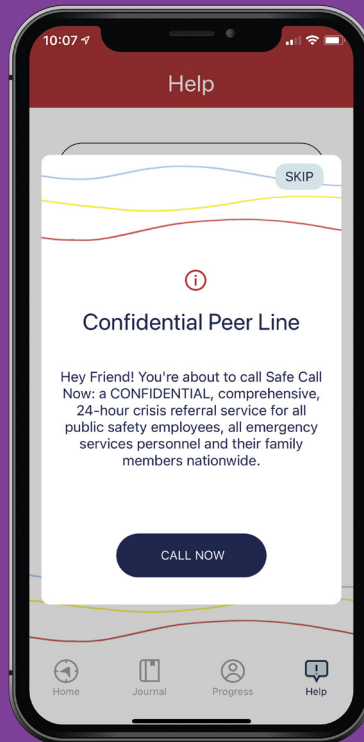
- Believe counselors can't truly relate to what they're going through.
- Fear that mental health concerns could negatively impact their career.
- Worry about being branded as mentally weak.

Peer support is support they can trust.

This program addresses the crisis and the barriers by giving first responders:

24/7 helpline access to a retired first responder with first-hand experience.

Therapy referrals to clinicians experienced in working with public safety professionals.



Member engagement

through an app with support content tailored for first responders and their families.

Continuing education

through training courses designed for first responders.

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To learn more, contact your Aetna[®] representative today.

¹SAMHSA. First Responders: Behavioral Health Concerns, Emergency Response, and Trauma. May 2018. Available at: [samhsa.gov/sites/default/files/dtac/supplementalresearchbulletin-firstresponders-may2018.pdf](https://www.samhsa.gov/sites/default/files/dtac/supplementalresearchbulletin-firstresponders-may2018.pdf). Accessed February 23, 2021.

²The Ruderman Foundation. Ruderman White Paper on Mental Health and Suicide of First Responders. April 2018. Available at: [rudermanfoundation.org/white_papers/police-officers-and-firefighters-are-more-likely-to-die-by-suicide-than-in-line-of-duty/](https://www.rudermanfoundation.org/white_papers/police-officers-and-firefighters-are-more-likely-to-die-by-suicide-than-in-line-of-duty/). Accessed February 23, 2021.

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