Support For First Responder Spouses

Reach In

- Family Resiliency Training
- Access agency provided counseling services
- Take Advantage of Employee and Family Assistance Programs
- Join Social Network Groups for Spouses
- Check for agency Peer Support Groups
- Open Communication
- Attend Info Sessions Provided by Spouse's Agency

As the Spouse

You may have to reach in, as opposed to waiting for your first responder to reach out.....

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