



TOOLS TO BUILD A STRONGER YOU

This is a website designed to be a point of reference for fire service members and their families. The idea is to have a webpage that you can direct all your members to go to when they need to find resources dedicated to helping members with mental wellness. We have found that it can be difficult during times of stress for members to find the right resources such as counselors through your department's EAP (Employee Assistance Program), mental health benefits through your medical insurance, or peer support. Having access to a confidential webpage that isn't connected to a department intranet or city website can give a member peace of mind. We at the Local 493 have seen first hand how having this type of access can save lives and serve our members better. If having a webpage is something you are interested in please go to the top of this page and hit "Contact us". Under this option you will see a register button. Fill out and submit that form to get started on your page. Filling out this form doesn't commit your department to the cost of a webpage, but it will generate an email with more information. Further, by registering, we can also offer a free 30 day trial so that you can see how easy it is to create and edit a webpage to show your department and Locals.

Price: \$1500 per year

FIRESTRONG Membership includes:

- International platform for your Peer Support and Chaplain Teams.
 - You will have a the ability to invite and manage all Peer Team and Chaplain profiles for your department
- Personalized webpage resource page specific for your department
- Secured log-in for your members to gain access to a variety of personalized tools including testimonials, peer support team network and resource pages.
- Placement of Fire Department logo within the FIRESTRONG.ORG website
- Access to professional counselors through the Fire Crisis Network Line: 844.525.FIRE (3473) (they are trained on your resources and handle most calls over the phone, they will connect member to your local resources if there is a need).
- Updated general mental health information, assessments and financial fitness programs and resources.
- Mental Health professional available through email for consultation and questions

Additional services available by professionals working in the Fire Service through PSCS (Public Safety Crisis Solutions)

<http://pscrisissolutions.com/>

- Peer Support Team development (two 8 hour day training) - \$3500 plus travel

Other trainings

- Suicide Awareness Training
- Resources Development and Training
- Resiliency Train-the-trainer development of department wide training
- Licensed Behavioral Health Professional peer support team program oversight

Any questions please click on the "CONTACT US" button and send us an email. OR you can click register to get your department started. Fill out the boxes on the registration form and somebody will be in contact with you soon to discuss this further.