



Support for First Responders

First Responders routinely witness horrific events that most people don't.

These experiences call for increased attention to mental health.

Claremont is here to help!



Mental health support with a licensed counselor through video counseling, live chat, and asynchronous messaging.



Several online resources, including webinars, self-assessments, positive psychology and behavioral health resources are available.



Telephonic work-life balance services, including legal, financial, childcare, elder/adult care, college planning, relocation, and other helpful experts and 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 **800-834-8334** to access your benefit.

Online Wellness Resources

For free online resources for First Responders, visit **you.responder.strong.org**

For general behavioral health resources, visit Claremont Personal Advantage to access wellness webinars, articles, assessments and more:

claremonteap.personaladvantage.com

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 Peer Support and Recovery Groups

The EAP includes referrals to participate in online support groups. Peer Support is available for a variety of issues including: anxiety, depression, bipolar disorder, and substance abuse. Call **800-834-3773** to get started.



To access your counseling benefit, call Claremont EAP at: **800-834-3773**

www.claremonteap.com