

# CONNECTIONS<sup>INC</sup>

First Responders Assistance Program | First Responders & Family Solutions

## Reach Out for Support



**800-779-6125**

**[www.connectionseap.com](http://www.connectionseap.com)**

TALK TO EXPERTS, BROWSE FOR INFORMATION,  
AND FIND SERVICES FOR:

- Stress
- Emotional Problems
- Post Traumatic Stress
- Anxiety & Depression
- Chemical & Substance Abuse
- Family Issues
- Mental Health
- Personal Budget Consultation
- Identity Theft Assistance
- Child Care-Find or Elder Care-Find
- Special Needs Child Consultation
- Adoption Information
- Pre-Natal Information
- Summer Camp-Find
- Legal-Attorney Consultation (Limited)
- Relationship Support
- Web-based Assessment Tools and Support

**A 24-hour toll-free hot-line**



**Username: sdmlemp**

**Password: eap**

# HOW TO USE CONNECTIONS

Connections supports optimum productivity, teamwork, and a healthy community

## HOW DO I USE IT?

CONTACT CONNECTIONS:



- Ph: 1-800-779-6125
- EM: info@connectionseap.com
- » give basic information
- » see a local provider
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## HOW MUCH DOES IT COST?

This program is a benefit for you and your family to use for FREE!

- IT'S NO COST TO YOU!
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## WHAT ABOUT PRIVACY?

CONNECTIONS EAP IS COMPLETELY CONFIDENTIAL!



- Our services are confidential for First Responders & their families!
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## HOW OFTEN CAN I USE IT?

Local in-person services are offered on a **3 sessions - Per Incident, Per Year** basis!

- PER INCIDENT, PER YEAR BASIS
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**CALL TODAY: 1-800-779-6125**

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PASSWORD: eap



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