



What is a Resilience Coach?

A Resource for You!

Your resilience coach is available to provide contact information, recommendations and referrals to resources that positively impact your personal health and wellness.

Knowledgeable About all Things Mental Health and Wellness!

From exercise, sleep, and nutrition, to mental health, relaxation, and stress management your coach is here to answer all of your questions and connect you with the appropriate expert if needed!

Experienced and Trained in First Responder Scenarios and Crisis

We know first responders bear the weight of experiencing unimaginable situations as "just part of the job". Your coach is here to listen, and has been trained to help you with your unique experiences.

Available on Your Time!

Your coach will be easily accessible at your stations to match your unpredictable work schedule

Accessible by Phone or in Person!

When your coach is not physically at your station, you can reach them by phone, or through our iPad system in the zen room at your station.



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