

## 24/7 Help Line

**916-445-4337**

### Employee Support Services

You will receive ***personal attention*** from staff members who are highly trained in peer support. Confidentiality is a core value of all services provided.

**Employee Support Services is structured to augment and not replace the Employee Assistance Program (EAP).** Pick up the phone and you will receive assistance for yourself or someone you are concerned about. **The phone number for EAP is 1-866-327-4762.**

This Help Line is available for CAL FIRE employees and their family members to receive emotional first aid as well as tangible support through times of personal or professional crisis.

This Help Line has been utilized to date to seek help about:

- *Critical Incident Stress*
- *Family Issues*
- *Grief and Loss*
- *Legal or Incarceration*
- *Military / Veteran Assistance*
- *Serious Injury or Illness*
- *Domestic Violence*
- *Crime Victims*
- *Work Place Issues*
- *Anger Management*
- *Stress - Anxiety*
- *Depression*
- *Suicide Intervention and Postvention*
- *Substance Abuse Assistance Program for Alcoholism and Drug Addiction*
- *Peace Officer Issues*