

FOR IMMEDIATE RELEASE

VALLEY OAKS HEALTH OFFERING FIRST RESPONDER SUPPORT GROUP

THANKS TO THE UNITED WAY OF GREATER LAFAYETTE THE SUPPORT GROUP IS AT NO COST TO ATTEND

LAFAYETTE, INDIANA JUNE 15, 2020 – Valley Oaks Health, a provider of high quality mental health services to communities in Indiana, announces they will be offering at no-cost a First Responder Support Group.

First Responders are individuals who respond to emergency situations to aid: police officers, paramedics/EMTs, fire fighters, emergency dispatchers and health care workers. They frequently face potentially dangerous and even traumatic situations and thus may be susceptible to a wide range of medical and mental health issues. The support of a mental health professional can help first responders address post-traumatic stress, anxiety, depression and any other challenges they may face.

“With first responders addressing recent events such as COVID-19 we believe it’s important to provide free support on how First Responders can manage their stress, anxiety and fear. This Support group is designed to do just that. Thank you to the United Way of Greater Lafayette for funding this program to allow us to offer this support,” said Valley Oaks Health Chief Strategy Officer Zoe Frantz.

The group is for any first responder who needs support. The group will be a virtual one-hour weekly support group via Zoom to help those who help others by being on the frontlines. The support group will start on Tuesday, July 7, 2020 and will continue to meet every Tuesday at 4 pm-5 pm EST

If you are interested in attending this group, please register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZl0fuqurjotGtyE53F7hgyh9EMGBXVs9wAR>

After registering, you will receive a confirmation email containing information about joining the meeting.

Any Questions regarding registration or the group please email or call Kim Denton at 219-866-4194 or kdenton-ne@valleyoaks.org .

For more information on Valley Oaks Health please visit our website at www.valleyoaks.org.

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About Valley Oaks Health:

Since 1938, Valley Oaks Health is known throughout Indiana for its contributions to treating those with mental illness and substance use disorders. Valley Oaks Health's objective is to provide high quality mental health services to the citizens of Carroll, White, Fountain, Warren, Jasper, Newton, Montgomery, Benton, and Tippecanoe Counties. Valley Oaks is committed to the importance of mental health for the social, economic, and cultural well-being of those communities.

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