

WELLNESS RESOURCES

DENVER CITY EMPLOYEE ASSISTANCE PROGRAM (ComPsych) (free, 6 sessions per issue)

Phone: 877-327-3854

Website: www.guidanceresources.com (company ID: DENVEREAP)

NICOLETTI-FLATER & ASSOCIATES (public safety industries specialization; free, unlimited sessions)

Appointment Line: 303-989-1617

Crisis Line: 720-675-9502

DR. KAREN JACKSON (fire services specialization; free, unlimited sessions)

Appointment Line: 303-257-0377

Email: kjackson52@msn.com

INSURANCE PROVIDER RESOURCES: (co-pay may apply based on plan)

Kaiser Permanente Behavioral Health

Phone: 303-471-7700 Website: www.kaiserpermanente.org

Denver Health Behavioral Health

Phone: 303-602-2146 Website: www.denverhealth.org

United Healthcare Care24

Phone: 800-828-1120 Website: www.uhctools.com/services_care24

CONFIDENTIAL SUICIDE/CRISIS RESOURCES (external to the City)

24/7 national and local crisis resources:

- Colorado Crisis Services/Community Crisis Connection: 844-493-TALK (8255)
- National Suicide Prevention Lifeline: 1-800-273-8255

24/7 resources specifically for Public Safety professionals:

- Colorado Emergency Responder Crisis Text Line: Text "BADGE" to 741741
- Safe Call Now: 206-459-3020
- Cop Line: 1-800-267-5463
- Badge2Badge First Responder Support Group and peer support: 720-365-2132 or www.badge2badge.com

INFORMATIONAL/GENERAL

ResponderStrong™ (initiative of the National Mental Health Innovation Center to support Responders and Public Safety)

Phone: 303-724-0745 Website: www.responderstrong.org

PEER SUPPORT

Denver 911	DFD
Jodi Marzano Desk: 720-913-2012 Cell: 303-210-6938	Assistant Chief Warren Mitchell Cell: 720-220-4436 Roster at: DFD Peer Support
DPD	DSD
Sergeant Robert Waidler Desk: 720-913-1373 Cell: 720-641-1190 Roster at: DPD Peer Support	Major Sonya Gillespie-Carter Cell: 303-435-0702 Roster at: DSD Peer Support
DPD Resiliency Program	DSD Employee Outreach Program (EOP)
Sergeant Robert Waidler Desk: 720-913-1373 Cell: 720-641-1190	Captain Paul Oliva 720-865-0477 Jacob Matthews 720-865-0476 eop@denvergov.org or DSD EOP

CHAPLAINS' UNITS

- DFD: Chaplain Ron Biegler: 720-839-9537 ron@ronbiegler.com
- DPD: On-Call Chaplain Phone: 720-641-0791
- DSD: Chaplain Jonathan Knott: 303-435-2028