



# First Responder Assistance Program

*Your insurance coverage through Provident includes access to 24/7 confidential life assistance services for you and your family members. This program is designed to help you deal with the unique challenges and stressors that first responders face, as well as resources for your everyday legal, financial and child care issues.*

*For all you do for your community, let Provident help bring you peace of mind when you need it most.*

## 24/7 Access to Address Personal Concerns

This program helps you address issues related to stress, relationships and other concerns that you and your family may face. Master's-degreed counselors are on hand to listen, provide guidance and offer appropriate referrals for:

- Stress/tension
- Depression and anxiety
- Substance abuse
- Grief and loss
- Family and other relationships
- Parenting

You can access these services anytime by phone. As needed, counselors can provide referrals related to insurance benefits and community resources.

## Stress Management Coaching

Learn to better manage on-the-job stress with up to five telephone coaching sessions provided by counselors who work with you to identify stress triggers, learn coping techniques and develop an ongoing stress management plan.

## Life Assistance Services and Referrals

We offer consultation, resources and referrals for the everyday concerns that can cause distractions and loss of focus when you need it most, including:

**Family** - Child care, elder care, adoption research and referrals

**Financial** - Referrals to consultants to assist with debt management, credit problems, retirement planning or college funding

**Legal** - Access to attorneys for 30-minute phone or in-person legal consultation

# Don't Suffer in Silence

Call today  
(855) 207-1747

Or visit:

[www.providentins.com/frap](http://www.providentins.com/frap)

**THE FIRST RESPONDER ASSISTANCE PROGRAM IS NOT INSURANCE AND IS NOT PROVIDED BY AXIS INSURANCE COMPANY. IT IS A SERVICE PROVIDED THROUGH PROVIDENT BYBHS™ IN PARTNERSHIP WITH RESPONDERS 1st CALL™.**



The Accident & Health insurance coverage is underwritten by AXIS Insurance Company.