



# FIRST RESPONDER PROGRAM

**SUPPORT FOR WORKERS IN DELAWARE & MORROW COUNTIES WHO ARE ON THE FRONT LINES**

## **SERVING FIRST RESPONDERS:**

**POLICE, FIRE, EMS, AND EMERGENCY DISPATCHERS**

### **Program overview**

Through a grant from the Delaware-Morrow Mental Health and Recovery Services Board, Syntero is offering 4-6 confidential, virtual/in person counseling sessions free of charge for all first responders in Delaware and Morrow County.

### **How can it help?**

Our goal is to assist in verbalizing and processing the impact this work is having on you as well as identifying and developing coping strategies and self-care techniques to manage the stressors you may be experiencing

### **Schedule an appointment today!**

Contact us at **614-889-5722 ext.133** or **frontline@syntero.org**.

*Confidential sessions will be conducted in person or via video based on individual preference. Mention that you are interested in participating in the First Responder Program.*

### **Questions?**

Please reach out for any program related questions or additional service requests:

**Ashley Swiger MSW, LISW-S**

**First Responder Program Coordinator, Delaware/Morrow Counties**

**614-285-4393**

**FUNDED BY:**



**Delaware-Morrow**  
Mental Health & Recovery Services Board  
*Health. Healing. Hope.*



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## **SERVING FIRST RESPONDERS:**

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**Service Overview-** Through a grant from the Delaware- Morrow Mental Health and Recovery Services Board, Syntero is able to offer:

- Individual Sessions for First Responders**
- Group Debriefing Sessions**
- Group Training and Information Sessions**
- Family/Partner Information and Support Sessions**

## **Schedule an Individual appointment today!**

Contact us at **614-889-5722 ext.133** or **frontline@syntero.org**.

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## **Questions?**

Please reach out for any program related questions or Group/Family support and training needs:

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