

# Backing Our Frontline



## Supporting our essential workers

The current Covid-19 pandemic and civil unrest has impacted first responders in unprecedented ways and research has shown that a considerable proportion of first responders are experiencing increased symptoms of depression, anxiety, insomnia, and distress.

### + Program overview

Through a grant from The Dublin Community Foundation, Syntero is offering 4-6 **confidential**, virtual counseling sessions **free of charge** for all first responders living or working in Dublin.

### + Who is eligible for this program?

As a first responder, you're our community's greatest defense and frontline. We strive to support **all** first responders that may be experiencing an increase in stress during this time. This includes any police, fire, ems, or dispatch personnel.

### + How can we 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 **[info@syntero.org](mailto:info@syntero.org)**. Confidential sessions will be conducted via telephone or video based on individual preference. Mention that you are interested in participating in the "Backing our Frontline" program

## Thank you for your service, now let US support YOU!



[www.syntero.org](http://www.syntero.org)



Syntero is not affiliated with and does not report to any law enforcement departments.