

Childcare	
<p>Qualistar www.qualistar.org 1-877-338-2273</p> <p>The State of Colorado sponsors a centralized resource called Qualistar to assist parents with locating licensed childcare providers, financial assistance, quality rankings and assessments, and other tools. There are identified referral partners in each county to assist with childcare and early child education questions and needs.</p>	<p>International Association of Chiefs of Police (IACP) www.iacp.org/centerforofficersafetyandwellness</p> <p>The International Association of Chiefs of Police has created the Center for Officer Safety and Wellness on their website to provide a holistic resource library for law enforcement professionals to raise awareness for the need for good practices of mental, physical, and financial wellness, as well as situational awareness and workplace safety. Resources include nutrition information, common medical conditions impacting law enforcement personnel, and officer suicide awareness and prevention.</p> <p>Wives Behind the Badge www.wivesbehindthebadge.org</p> <p>The Wives Behind the Badge website provides resources and support to family members of law enforcement personnel.</p> <p>The Badge of Life www.badgeoflife.com</p> <p>The Badge of Life supports law enforcement personnel, family, and friends impacted by LEO suicide. The website contains a directory of hotlines, support groups, in-patient substance recovery centers, and other support materials.</p> <p>Coming Out From Behind the Badge www.comingoutfrombehindthebadge.com</p> <p>Coming Out From Behind the Badge is a project of Out to Protect, an organization supporting gay, lesbian, bisexual and transgender persons in law enforcement and their supporters. The website includes a listing of support organizations, training and scholarship opportunities and other resources.</p> <p>Alcoholics Anonymous www.daccaa.org 303-322-4440</p> <p>Alcoholics Anonymous (AA) is an international fellowship of men and women who have had a drinking problem and for those in contact with persons they know or suspect may have a drinking problem.</p>

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Compassionate... Comprehensive... Confidential

If you feel like no one understands what it’s like to put your life on the line for others, **you’re not alone.**

Compassionate...Comprehensive...Confidential

Every day City and County of Denver Public Safety professionals work to serve the residents of the city and ensure they are safe, secure and protected. Free resources are available for Public Safety professionals to provide confidential, comprehensive, compassionate assistance so that your family can remain healthy and happy.

<p>Personal issues, planning for life events or simply managing daily life can affect your work, health and family. The city funds a wide variety of resources through the GuidanceResources Employee Assistance Program (EAP). GuidanceResources is offered by many private and public sector employers across the United States and has been widely used by Public Safety professionals in many city and state governments. These confidential resources are available to help you deal with a wide range of work-life issues. They are available and offered for your benefit and you are able to access the assistance when you are in need in order to increase your well-being and the security of your family. GuidanceResources is confidential and provided at no charge to you and your dependents. In addition to GuidanceResources, additional resources are available to you and your family for a variety of work- and personal- related questions or concerns that may arise in your daily life.</p>	<ul style="list-style-type: none">• Stress Management• Sexual Orientation• Gay and Lesbian Resources• Substance Abuse• Suicide and Self Harm, Trauma,• Workplace Safety <p>And more.</p> <p>To access Guidance Resources, go to www.guidanceresources.com and click “register.” Our Organization Web ID is DENVEREAP. Once you have created a username and password, you can search for any of these topics.</p>
<p>Employee Assistance Programs Provided by the City and County of Denver – Confidential Counseling</p>	
<p>GuidanceResources www.guidanceresources.com (Web ID is DENVEREAP) 1-877-327-3854</p> <p>Through GuidanceResources, city employees and their families, are eligible for up to six free confidential counseling sessions, financial advice, legal support, and work-life resources. These free confidential counseling resources are available 24 hours a day, 7 days a week.</p> <p>In addition, GuidanceResources provides online information on the following topics:</p> <ul style="list-style-type: none">• Aging and Elder Care/ Caregiving• Critical Incidents• Post-Traumatic Stress Disorder (PTSD)• Domestic Violence• Financial Advice• Grief, including loss of a child• Illness and Disease, including dealing with a new diagnosis, finding local support, and healthy lifestyle tips• Veterans Resources• Mental Health• Sleep• Relationships (family, marriage, teens, children)• Work-Life Balance	<p>Nicoletti-Flater & Associates www.nicoletti-flater.com 303-989-1617 Email: nfadiirector@aol.com</p> <p>Nicoletti-Flater & Associates, PLLP, specializes in the fields of police and public safety psychology, crisis intervention, trauma recovery and violence prevention since 1975:</p> <ul style="list-style-type: none">• Substance Abuse, including Law Enforcement Alcoholics Anonymous• Relationships• Divorce• Parenting• ADHD• Anxiety• Depression <p>Dr. Karen Jackson 303-257-0377 Email: kjackson52@msn.com</p> <p>Dr. Jackson supports the DFD Peer Support program, assists in critical incidents, and can provide individual therapy for firefighters. Dr. Jackson has 15 years of experience and has worked for the Denver Fire Department since 2007. While specializing in the treatment of trauma, Dr. Jackson can also help people who are experiencing any number of personal problems. Dr. Jackson can provide a type of treatment that has been found to be especially effective in treating trauma. This treatment is called Eye Movement Desensitization Reprocessing, or EMDR.</p>

<p>Community Crisis Connection Colorado Crisis Services 844-493-talk (8255) www.communitycrisisconnection.org</p> <p>Colorado Crisis Services is a comprehensive resource portal developed by the state to provide a confidential, 24/7 crisis hotline for persons dealing with a mental health or substance issue. The resource portal can connect you immediately to a certified clinician, in- or out-patient services and educational resources.</p> <p>Peer Support No one understands like those who have seen, heard, and experienced the concerns and issues you face. The Department of Public Safety supports Peer Support as a critical resource to employees who need someone to listen, to mentor, or to guide them through a difficult call for service, a personal struggle, or critical incident. Please refer to your agency’s Intranet page or Wellness Coordinator for an updated roster of Peer Support members who can assist you in a time of need.</p>	<p>Denver Community Credit Union www.denvercommunity.coop/clear-money 303-333-2910</p> <p>The credit union offers financial information through short podcasts linked on the website. Topics include building credit, paying off loans, preparing to buy a home, talking to your partner about money, creating a budget and much more.</p> <p>Rocky Mountain Law Enforcement Credit Union www.rmlefcu.org 303-458-6660</p> <p>Rocky Mountain Law Enforcement Federal Credit Union offers a variety of financial services from mortgages, checking, IRA, loans, investments, financial planning, and financial counseling services. Membership is open to current or former law enforcement personnel, their families, support staff, Cadets and Explorers.</p>
	<p>Health and Well-being</p>
<p>Financial Information and Resources</p>	<p>Health Matters at Work www.healthmattersatwork.org/denverwellness</p> <p>Health Matters at Work is a centralized website for City and County of Denver employees to find health information, local support and education regarding a range of diseases and conditions. The site includes webinars and podcasts, local support group meetings, and links to classes and workshops.</p> <p>myStrength – The Health Club for Your Mind www.mystrength.com</p> <p>myStrength is designed to help with depression and anxiety. In addition, help is available for struggles with drugs and alcohol. myStrength.com is a complete online wellness assessment and personal profile system that creates a home page just for you. It is safe, secure, private and available to all people regardless of insurance carrier.</p> <p>Kaiser Permanente Live Healthy www.kp.org</p> <p>The Kaiser Permanente website offers informational resources including tools, tips, and guides to manage their health and wellness. Plan membership is not required to access these resources. From the main page, select the “Health & Wellness” banner and the “Live Healthy” section for more information. Resources include educational articles, self-assessments, videos/podcasts, and connections to local support groups and exercise classes.</p>