

# Support For First Responder Spouses

## Reach In

**Family Resiliency  
Training**

**Join Social Network  
Groups for Spouses**

**Check for agency Peer  
Support Groups**

**Access agency provided  
counseling services**

**Open  
Communication**

**Take Advantage of  
Employee and Family  
Assistance Programs**

**Attend Info Sessions  
Provided by Spouse's  
Agency**



### **As the Spouse**

You may have to reach in, as opposed to waiting for your first responder to reach out.....