



GMR LIFE #TAKINGCAREOFYOUROWN

GMR PEER SUPPORT AND CRISIS LINE ACCESS

THE STRUGGLE IS REAL. We all struggle sometimes and crisis comes in many forms. If you find that the challenges in your life are creating a crisis situation that is impacting your work or personal life, GMR is here to support you.

Optum EAP and other resources are good for longer term, non-crisis support. However, when you need to talk to someone right now, we provide 24/7/365 urgent and crisis support.

GMR provides free and confidential crisis support 24/7/365 for all employees through the GMR Employee Crisis Line.

Dial **1.833.479.7337** to reach a call taker who will connect you with GMR Life, Peer Support or the Crisis Line based on your situation.

- For non-urgent wellness assistance, you will be connected to GMR Life.
- For current distress, you will be connected to our Peer Support Hotline.
- For crises, we have partnered with a group of experienced crisis counselors who work with emergency responders and understand the challenges of the job. These professionals will help support and stabilize you, and aid in guiding you to longer term support resources in the GMR system.

All contact is confidential and no cost to you.

You respond to the community 24/7/365 and we respond to you 24/7/365.

