



March 25, 2020

**Safe Call Now**

Safe Call Now is a resource for public safety employees to speak with highly trained peers and/or mental healthcare providers who are familiar with the public safety line of work. Safe Call Now is a safe and confidential place to turn to get help from individuals who understand the demands of emergency services. To access this 24 hour resource, call **206-459-3020**. Additional information is also available by visiting their website at [www.safecallnow.org](http://www.safecallnow.org).

**Joyages Brain Health**

Joyages is a new app that is designed to help first responders reduce stress and live happier. This preventative care program helps improve brain health, and in less than three minutes each day, can help you create a happier, healthier life. This program is 100% free, provided as a courtesy by Safe Call Now. The app is available in the Google Play and Apple App Store. When creating your account, use company code “**SCN20**” to get started. Additional information is available by visiting their website at [www.joyages.com](http://www.joyages.com).

**Crisis Text Line**

The Crisis Text Line is a free 24/7 resource for those in a crisis. To access the services, simply send a text message to **741741**. You will initially receive two automated responses that will confirm that you are being connected to a live Crisis Counselor. Typically you will be connected to a Crisis Counselor within five minutes, and will allow you to text back and forth to help you sort through your feelings by asking questions, empathizing, and actively listening. Additional information is available by visiting their website at [www.crisistextline.org](http://www.crisistextline.org).

A handwritten signature in blue ink that reads "Grayson F Gusa".

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