

Everett Fire Fighter Resources

Washington State Health Professionals Chemical Dependency Referral Line

<http://www.doh.wa.gov/hsqa/Professions/WHPS/default.htm>

*Operation Sleep Alert * Firefightersleep.org/

<<file:///C:/sonnet.washington.edu/Data/Group/CPCH/Call%20Faculty%20and%20Staff%20Beaton%20Everett%20Fire%20Department%202011-2012/Firefightersleep.org>>

Provides information and topical video of the adverse effects of shift work such as sleep debt and some approaches to counter these effects

Fire Fighter Cancer support Network FirefighterCancerSupport.org/

<<file:///C:/sonnet.washington.edu/Data/Group/CPCH/Call%20Faculty%20and%20Staff%20Beaton%20Everett%20Fire%20Department%202011-2012/FirefighterCancerSupport.org>>

Provides information, a forum and supports policy and legislation such as presumptive risk laws

*Safe Call Now: * <http://www.safecallnow.org/>

This is a 24 hour crisis line for First Responders with alcohol, substance abuse or any type of personal crises. All calls are confidential. In Washington state call 206.459.3020

*Chaplaincy Services: *John Blake, Chaplain-- Everett Fire Department
425.530.8661

Everett Fire Employee Assistance Program—at WFS.EAP.COM

<<file:///C:/sonnet.washington.edu/Data/Group/CPCH/Call%20Faculty%20and%20Staff%20Beaton%20Everett%20Fire%20Department%202011-2012/WFS.EAP.COM>>

or call 1-800-553-7798 for an appointment. Up to 3 face-to-face sessions are available at no cost. These sessions can be individual, couples or family counseling. Provided by Wellspring Family Services.

Critical Incident Stress Team- to activate contact SNOPAC supervisor at 425 407 3930

LEOFF Health and Welfare Trust—Mental & Medical Health coverage. 800 735-7053

Work-Life Program (available at <http://info.wfseap.org>. Enter user name: City of Everett-

Provides access to information on elder care, legal services and a host of psychoeducational materials.

*Washington State Council on Problem Gambling Helpline—*for problem gambling* *1-800-547-6133