

**Blue Ridge Behavioral
Healthcare is committed to
the health and wellbeing of
first responders in the
Roanoke Valley**

**Our services are
provided by first
responder culturally
competent
counselors**



**Blue Ridge
Behavioral
Healthcare**



First Responder Counseling Services

**Telehealth appointments are now
available*

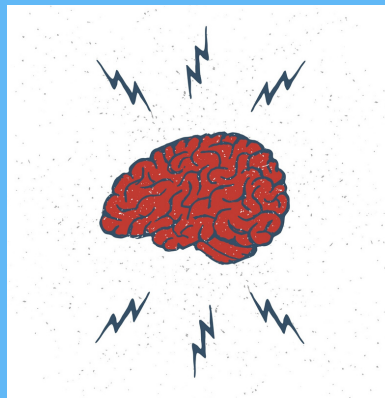
GUIDE AND REFERRAL
BROCHURE FOR FIRST
RESPONDERS

Are you experiencing:

- Trouble Sleeping?
- Nightmares?
- Anxiety and/or Depression?
- Increased alcohol use?
- Lacking energy to do the things you enjoy?
- Feeling the weight of cumulative stress?
- Having images, smells, or sounds from past incidents interrupt your daily life?

Don't ignore it, whether you've had these symptoms for a few weeks or many years, you can experience relief!

First responders are repeatedly exposed to other people's traumatic experiences. This can leave first responders with memories, images, sounds, and smells that linger long after the event is over. This is called **Vicarious Trauma**.

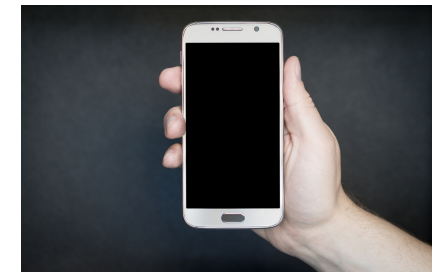


Eye Movement Desensitization Reprocessing (EMDR)

BRBH has staff trained in EMDR, an evidence based model of therapy that is used to treat the signs of vicarious trauma. It's also used to treat stress that builds up after years of working as a first responder. It can be used days, months, or even years after a critical incident that is causing a first responder distress.

Services are **confidential** and **easy to access**. BRBH offers services to First Responders to treat a variety of issues, including:

PTSD, anxiety, depression, drug/alcohol use, relationship stressors, personal and work-related trauma.



How to make a referral:

Contact

Laura Eichenlaub

by phone at:

(540)-266-9200

ext: 3214

Your first appointment will be offered in 1-2 business days