



# UNIFIED FIRE AUTHORITY

## MEMORANDUM

24-131

September 11, 2024

TO: All Personnel

FROM: Battalion Chief Fossum

SUBJECT: Suicide Prevention Week

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The week of September 8-14 has been designated throughout the country as Suicide Prevention Week. We wanted to take the opportunity to remind people of the behavioral health resources that are available to our members and their families.

For immediate assistance for help with suicidal thoughts or feelings, dial 988 for the National Suicide and Crisis Hotline. Also, [SafeUT](#) has a phone app that is available for both first responders and their families. All are completely confidential and are available 24/7/365.

For more personalized care, you can contact our Employee Assistance Program at (801)262-9615, explain to them that you are a first responder, you need immediate assistance, and they will do their best to schedule you for an immediate appointment. They can also assist you with general appointments.

You can also contact any member of our peer support team, and they can help you with immediate assistance (see attached list).

For issues related to PTSD, specialized counseling needs or couples therapy, you can contact the Behavioral Health Coordinator at (801)743-7114 to assist you in finding the most appropriate therapist for your needs. Use of our contract clinicians is covered through the Behavioral Health Program, remains confidential, and the cost is covered per the [Behavioral Health and Wellness Policy 1200-070](#).

We have also made changes to our SelectHealth Insurance which increases the coverage of behavioral health resources to 100% with no deductible, both in and out of network. Please review your SelectHealth account or contact Human Resources for more information.

Our intent is to provide high-quality, reliable behavioral health resources using experts experienced in addressing the unique needs we have as first responders and those of our families. If you have any additional questions, please reach out to [Embret Fossum](#).