



UNIFIED FIRE AUTHORITY

Available Behavioral Health Resources

Employee Assistance Program (EAP)

If you are in immediate crisis and need to see someone, call our EAP provider (Blomquist Hale) at:

800-926-9619 **or** 801-262-9619

Ask for a "Red Appointment" and they will get you on the phone with a crisis counselor and for follow up.

For additional assistance, Blomquist Hale provides resources regarding relationships, anxiety and depression, PTSD, substance abuse, financial wellness, etc.



BH App

<- Google Store

IOS Device ->



UFA Peer Support

Utilize the Peer Support resource list (found at unifiedfire.org/hs) for those personnel that are on-duty for assistance with behavioral after-action-reviews or critical incident assistance.

If there are no peer support personnel available, contact your battalion chief or work through your chain-of-command and they will facilitate additional peer support needs. If your battalion chief isn't available, contact the on-call safety officer (801-743-7113) to facilitate a Behavioral Health After Action Review (BHAAR).



SelectHealth Insurance*

Mental Health and Chemical Dependency

	<u>In Network</u>	<u>Out of Network</u>
Office Visits	\$0 co-pay	\$0 co-pay
Inpatient	20% after deductible	40% after deductible
Outpatient	20% after deductible	40% after deductible
Residential	20% after deductible	40% after deductible
Treatment	20% after deductible	40% after deductible

For additional needs and resources within your private healthcare insurance, go to <https://selecthealth.org/find-a-doctor> for SelectHealth specialized resources.



Additional Resources

Firefighter Crisis Support Line

24/7 Support through Professional Firefighters of Utah in conjunction with the University of Utah

- 801-587-1800

Drug & Alcohol Rehab, Trauma Care**

- White Tree Medical, South Jordan - 801-503-9211
- Chateau Recovery, Midway - 435-441-4401
- Wasatch Crest Treatment, Heber - 800-385-3507

*This list is by no means exhaustive and only represents some of the resources available to our employees. Please do your due diligence and research the best options for your mental/behavioral health needs. There are resources available both within insurance networks and out-of-insurance networks. Pre-authorization is needed to ensure what level of treatment is covered under SelectHealth.

Coverage for these treatments **are not covered by UFA. They are insurance-based and self-pay options that are available.