

CAL FIRE Local 2881

Behavioral Wellness Program

Fire Service Behavioral Health Statistics

9.5%

suffer from
depression

14%

have a
hazardous
drinking
problem

24%

have PTSD
(as compared to
8% of the general
population)

\$193
billion

cost of mental
health treatment
per year

Purpose

We intend to develop and provide a better quality of care that supports positive and healthy mental well-being through:

- PEER Counseling and empowering employees to select their peer counselor
- Making EAP a part of bargaining to maintain a reliable provider network without having to change yearly
- Additional training and educational opportunities such as conferences and workshops
- Work collaboratively with Department management
- Veteran support

CAL FIRE Local 2881 is committed to ensuring that all CAL FIRE current employees, seasonal and limited term employees, retirees and families of all employees have access to behavioral wellness benefits.

Employee Assistance Program

All State of California employees have access to an Employee Assistance Program (EAP). EAP is offered at no charge to the employee and his or her family. EAP is part of the State's initiative to promote employee health and well-being and provides resources and support for employees in difficult times.

PTSD Symptoms

- Sleep disturbances
- Nightmares or flashbacks
- Avoidance of situations that trigger memories of the event
- Negative feelings
- Difficulty concentrating

Resources

- EAP 866-327-4762
- IAFF behavioralhealth@iaff.org
- National Suicide Prevention Line 1-800-273-8255
- Veterans Crisis Line 1-800-273-8255 and Press 1

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