



Keeping our first responders strong.

OUR MISSION

911 At Ease International (AEI) exists to support first responders and their families, so they can be at their best to serve their community. Support services are free, confidential, and provided through professional, trauma-informed counselors.

THE VISION IS SIMPLE

Free, confidential professional trauma-informed counseling services for first responders and their families world-wide.

THE PROCESS IS PROFOUND

Renewed freedom and strength to be the best for their families, friends and the communities they serve.

WHO WE SERVE

We support first responders and their families. This includes police, fire, sheriff, emergency medical personnel, dispatchers, district attorney's office and other essential agencies.

FREE SERVICES

- Confidential Counseling
- Spiritual Care and Chaplaincy
- Referral Services
- Peer to Peer Support
- Critical Incident Response
- Critical Incident Debriefing

**REQUEST AN APPOINTMENT:
911AEI.ORG OR 888-AT EASE 4 (888-283-2734)**

WE CAN HELP

911AEI can help if you are a first responder or family member experiencing any of the following:

Marital & Family Problems	Substance Abuse
Stress/Burnout	Child/Spouse Abuse
Anger Management	Retirement Concerns
Separation/Divorce	Career Concerns
Child/Adolescent Issues	Critical Incident/Trauma
Parenting Challenges	Financial Issues
Grief/Bereavement	Relationship Concerns
Depression	Anxiety/Panic Attacks
Post Traumatic Stress	Nightmares

911 AEI does not provide a suicide hotline. If you are experiencing suicidal thoughts or an emergency please call: your local emergency number 9-1-1. Or reach out to the National Suicide Prevention Lifeline: 1-800-273-8255

CONFIDENTIAL

911 At Ease International is a nonprofit organization providing direct services to individual first responders and their family members. AEI services are not rendered on behalf of any city, county, medical, tribal or government agency. First responders are not required to inform their agency or managers when they request service through AEI. All counseling services are completely confidential except when disclosure is required by law. Counseling sessions remain confidential between client and the mental health professional.

FREQUENTLY ASKED QUESTIONS

What is Post Traumatic Stress Injury?

Post-Traumatic Stress Injury (PTSI) can develop after a person has experienced or witnessed a traumatic event. This often occurs during the career of a first responder. Symptoms of PTSI can surface through flashbacks, nightmares, anxiety, depression, anger and negative thoughts which may increase and/or last for months or years. PTSI has been known to severely interfere with a person's daily work and home life. While many people have difficulty adjusting to and coping with the daily requirements of work and home life after experiencing traumatic events, they may improve and heal from these injuries with access to psychological support, spiritual care, and other types of support.

Why don't first responders use their insurance or Employee Assistance Programs (EAP) to get counseling?

Services offered through Employee Assistance Programs or other avenues covered by insurance may not necessarily remain confidential and therapists may not be prepared to handle the unique circumstances that first responders experience. Many first responders may not feel they can be completely transparent with an employer or insurance authorized service. Therapists approved by 911 At Ease are trauma trained and prepared to work with first responders and their families on their unique needs.

How is AEI funded?

911 At Ease services are funded through the generosity of individual donations, private foundations, corporate sponsorships, union and grant support. Please consider sharing the website with your local donors and supporters.

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