

Peer Support	Phone Number	Email
Rick Goulet	619-541-3962	rickygoulet@gmail.com
Francine Alvarez	619-214-6900	francine.alvarez@amr.net
Mike Brown	619-572-3448	mjbrown@sandiego.gov
Alex Devereaux	760-613-1521	deverauxalexander@gmail.com
Chrissy Fecteau	858-344-1020	chrissy.fecteau@gmail.com
Mike Grandchamp	805-341-5125	ibechamp@gmail.com
Mallie Jason	760-920-5485	mjason15@gmail.com
Alex Lu	760-981-2016	lu.alex4513@yahoo.com
Ray Moreland	619-857-8164	raymon.moreland@amr.net
Nikki Pappas	707-217-0052	nicole.pappas@amr.net
James Pass	619-948-1407	rpass84@gmail.com
Shawn Percival	619-405-3878	medicshawn77@hotmail.com
Mike Roman	760-415-1371	mroman8972@gmail.com
Brian Varner	619-972-6631	chaosbv@yahoo.com



Virtual Visits: See and speak with a therapist online.



No driving. No crowded waiting rooms. No fees.

Schedule a virtual visit with a therapist. Virtual visits use secure video-conferencing technology to connect you with EAP providers over the Internet.

With virtual visits, clinicians can evaluate and treat general mental health conditions, such as depression and anxiety. Treatment is provided by therapists who are part of Optum's EAP provider network.

Virtual visits offer you:

- Convenient appointments that work with your lifestyle
- A network of therapists in all 50 states
- The care you need sooner¹, in the comfort of your own home*
- Secure, HIPAA-compliant technology

Take the first step.



Log on
liveandworkwell.com
Access Code:
oneteam



Under the **"Find a Resource."** tab, select **"Virtual Visits"**.



Review the **"How it works"** instructions, then select **"Get Started"** to find a provider licensed in your state.

¹ 1DocWay. Based on a January 2017 Genoa Telepsychiatry Survey across all behavioral health members who utilized telemental health services from November 1, 2016 to December 31, 2017.

* As per state telehealth rules and regulations.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.

Optum does not recommend or endorse any treatment, medication, suggested approach, specific or otherwise. The information provided herein is for educational purposes only. For advice about specific treatments or medications, please consult your physician and/or mental health care provider. Certain conditions and restrictions may apply.

© 2019 Optum, Inc. All rights reserved. WF619559 71712-012018

As part of your benefits, EAP services are available at no extra cost. This includes referrals, seeing in-network clinicians and initial consultations with mediators or financial and legal experts

Want to retain a lawyer after your consultation? You'll get a 25 percent discount.

Access to liveandworkwell.com is always free. For more information, please refer to your employer-provided benefit information.

24-hour online access is also available at liveandworkwell.com.

You and your family can also go online any time to:

- Check benefit information
- Submit online service requests
- Search the online clinician directory
- Use our virtual help centers to find information and resources for hundreds of everyday work and life issues
- Participate in interactive, customizable self-improvement programs

All records are kept confidential in accordance with federal and state laws.

Find a better balance between your work life and your home life — so you can enjoy life.

Real people. Real life. Real solutions.

Your Employee Assistance Program

866-248-4094

Or log on to liveandworkwell.com

Access code: oneteam

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. This program and its components may not be available in all states and coverage exclusions may apply.



Services Provided

FOCUS

Offers **confidential** counseling services to all San Diego Fire-Rescue employees: **sworn, civilian, active or retired.**

Focus was established in 1983 and recognizes the unique psychological and emotional demands placed upon Fire-Rescue personnel.

Free to Employee & Family

Spouse, partner, anyone living in your home and your children under 21 years of age.

PEER SUPPORT TEAM

A Peer Support Team member will provide confidential assistance and support to all Fire-Rescue employees, active or retired, through one-on-one discussions. Peers will have knowledge of department resources and flow path but they do not duplicate or replace the roles of therapists.

CHAPLAINS

Chaplains provide support for the emotional care and faith needs for sworn and non-sworn personnel of Fire-Rescue regardless of race, gender, secular orientation, national origin, creed, or religion.

Behavioral Wellness Hotline
833-SDFD-HSO (733-3476)

Peer support, Chaplains and Focus
sandiego.gov/fd-pd-wellness

Additional Resources

SDFRA-FFS 619-281-0354

Employee Assistance Program (EAP) 619-236-6373

L145 619-563-6161

L911 562-595-4418

SDMEA 619-300-3888

AFSCME 127 619-640-4939

FireStrong.org

A complete list of Department sponsored behavioral health resources can be found at firestrong.org. Choose "find local resources." Peer support contact information and biographies require username and password.

Username: **sdfd**

Password: **sdfd12**

Health and Safety Officer

T: 619-533-4466

C: 619-792-9634

SDFDHealth&Safety@sandiego.gov

Wellness Officer

T: 619-286-7335

C: 619-980-3574

Wellness Mission

The Health and Safety office is committed to creating a safe and healthy workforce through a comprehensive, evidence-based approach to total health and well-being.



PASSWORD is SUPPORT