



## Institute for Responder Wellness

Fellow Responders,

For the last several years we at the **Institute for Responder Wellness 877-597-1136** have dedicated our lives to the health & wellness of first responders. It is estimated that 20-35% of all First Responders struggle with PTSD and other mental and behavioral health issues. After seeing many responders fall victim to these statistics, we decided we couldn't sit back and watch on the sidelines any longer. We're happy to say that we created a program for first responders and these problems. The Institute for Responder Wellness has established a comprehensive trauma based program specifically tailored to first responders and their family members with behavioral and mental health issues.

So you're probably asking yourself why I'm emailing you. We need your help in sharing this information with your department or a fellow responders and family members who may need our services. Often these problems don't get taken seriously or get hidden under the rug until something tragic happens. We are trying to prevent these tragedies from happening by reaching out to responders and their family members nationwide and letting them know about the services we provide and lives we are currently changing. Any responder can call **877-597-1136** and speak with another first responder when they need help or guidance with behavioral or mental health matters. Listed below is our training courses. As nationally recognized experts in crisis and stress management for First Responders, we have put together training that may benefit your department and loved ones. Also listed below are links explaining these trainings? You can speak to us about scheduling one of those training in the future. We strive to be proactive and working together with you to combat these issues that affect many of our brothers and sisters.

Every department or agency has a different person or system who handles these problems, and we realize that person may not be you. If you could share this information with those individuals it would be much appreciated. We'd like to follow up with a call, and if you have any questions, please don't hesitate to ask. Now that the Institute for Responder Wellness is in place and serving our brothers and

sisters we need your help in spreading the word. Thanks for your service and commitment to your community and we will speak soon. If you or someone you know or love needs help, contact us immediately at **877-597-1136** and we can help.

**The Institute for Responder Wellness trainings are listed below**

**Catching Hell**

<http://jaydobyys.com/training.html>

Contact Jay Dobyys at [info@jaydobyys.com](mailto:info@jaydobyys.com)

**Emotional Body Armor**

<https://www.safecallnow.org/emotional-body-armor.html>

Contact Mark Lamplugh at [marklamplugh@responderwellness.com](mailto:marklamplugh@responderwellness.com)

**Peer Support & Mentoring**

<https://www.safecallnow.org/peer-support---my-legacy-mentoring.html>

Contact Mark Lamplugh at [marklamplugh@responderwellness.com](mailto:marklamplugh@responderwellness.com)

**The Bullet Proof Leader**

<https://www.safecallnow.org/bulletproof-leader.html>

Contact Mark Lamplugh at [marklamplugh@responderwellness.com](mailto:marklamplugh@responderwellness.com)

**The Bullet Proof Administrator**

<https://www.safecallnow.org/bulletproof-administrator.html>

Contact Mark Lamplugh at [marklamplugh@responderwellness.com](mailto:marklamplugh@responderwellness.com)

We can also customize any training that you would like with all of our nationally recognized presenters and speakers

Please visit our website at: <https://instituteforresponderwellness.com/>

Stay Safe,

Jay Dobyys and Mark Lamplugh