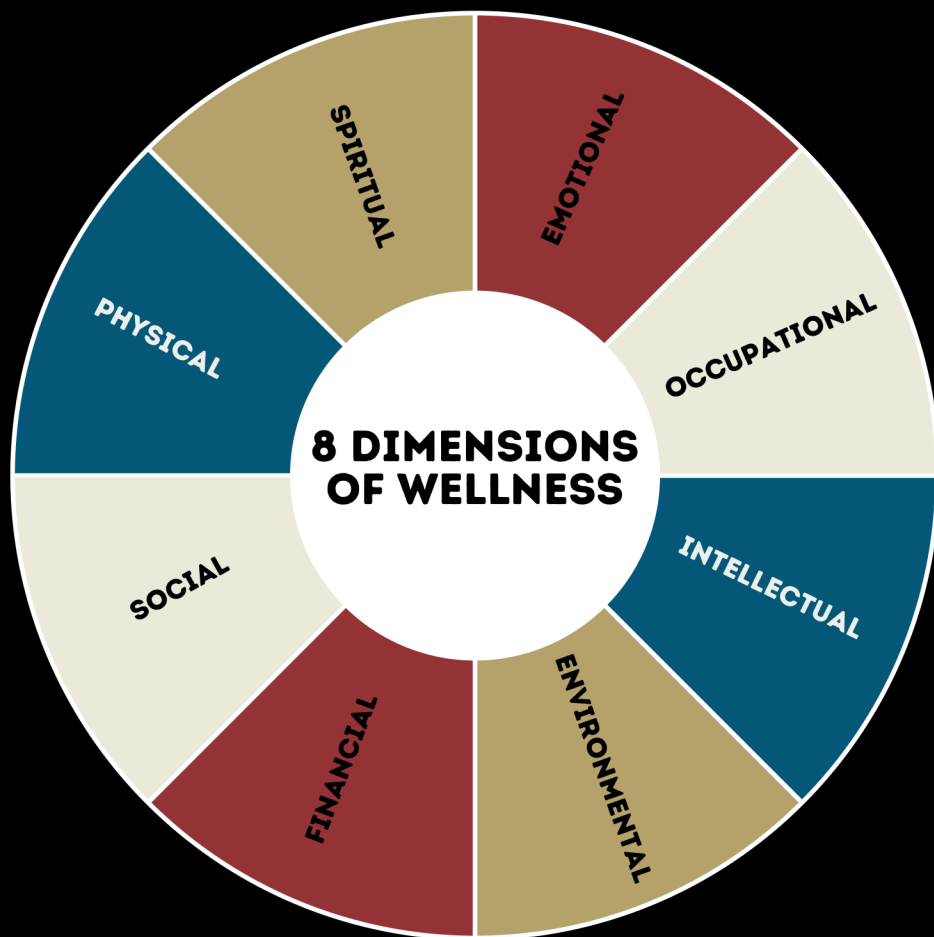


THE WELLNESS WHEEL

RESOURCES, SUPPORT, AND COMMUNITY TO HELP FIRST RESPONDERS IMPROVE OVERALL WELLNESS



AN UNBALANCED LIFE IS LIKE DRIVING ON A FLAT TIRE. IT MAY NOT TAKE YOU WHERE YOU WANT TO GO.



TAKE INVENTORY OF YOUR WELLNESS. WHAT ARE YOU DOING TO KEEP YOUR WHEEL BALANCED TODAY?



We're here when you need us.

Contact the EAP with 24/7 Access

[thecounselingteam.com/dea-employee-assistance-program](https://www.thecounselingteam.com/dea-employee-assistance-program)

800.275.7460

This content is provided as a support resource and is not intended to replace recommendations from a physician or licensed mental health professional. Dial 911 for life threatening events.