



## Reclaim Your Strength

Given the demands of your career, it is important to process moral distress. You alone can make that commitment, but you don't have to do it alone.

## A Program Based on Experience

For more than 125 years, Volunteers of America has been providing behavioral health, addiction treatment, and housing resources to military veterans. Our services are integrated with deep compassion and belief in a person's capacity to overcome adversity.

From this history, and using the techniques developed in our evidence-based, peer support program for veterans called Resilience Strength Training™, VOA|ReST was developed. Over 82% of participants report feeling **significantly** calmer and more peaceful after a meeting.

## Sessions are Safe, Interactive, and Judgment-Free

- Peer-to-peer conversations are confidential and off-the-record so you can speak openly.
- Each session is an opportunity to bring your real self - no need to be tough.
- First Responder peers have walked in your shoes. They get it.



[rest4firstresponders.com](http://rest4firstresponders.com)

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# Your work is Important.

# You are Important.

# Take time to ReST.



**Join VOA|ReST  
4 First Responders**

Supported by the  
**HCA Healthcare® FOUNDATION**

In Collaboration With  
• ALL IN: WellBeing First for Healthcare  
• #FirstRespondersFirst  
• Dr Lorna Breen Heroes Foundation  
• National Fallen Firefighters Foundation

You've helped others.  
Now it's time to  
**care for yourself.**

**VOA | ReST**  
4 First Responders



# What is VOA|ReST 4 First Responders?

VOA|ReST 4 First Responders are confidential, small group support sessions that maintain and build emotional resilience by offering:

- A unique space to share your experiences with other First Responders while remaining committed to your work.
- Time set aside for you to speak honestly with peers and trained facilitators who know what you go through as a First Responder.
- A service that can complement other resources your agency might offer. Online meetings are available in the comfort of your home, on an ongoing basis, whenever you need support.



## Virtual Sessions

Free, one-hour group gatherings, held online and available nearly every day, make it easy to find a session that works with your schedule.



## Stronger Together

Connect with up to 10 other First Responders who understand and can be trusted.



## Trained Peer Supporters

Experienced First Responder facilitators guide the candid conversations.



**First Responders Supporting First Responders.**  
Free Confidential Group Conversations for First Responder Resilience

## Understanding Moral Distress

When continuously faced with extraordinary, high-stakes circumstances, it is common for First Responders to be left emotionally depleted.

Fatigue, isolation, sorrow, frustration, guilt, anxiety, and a sense of inadequacy or failure can be signs of moral distress.

Responding to these emotions paves the way for personal and professional resilience. Talking with other First Responders and listening to their similar challenges helps rebuild the strength needed to continue serving your community without losing sight of your own self-worth.