

First Responder Resources

Your First Responder Assistance Program (FRAP) provides support and resources that help you respond to the mental and emotional impacts of your role as a public servant.



MENTAL HEALTH SUPPORT

You and your family members have access to confidential mental health support, at no cost to you, through the FRAP. You can be connected to a provider who has experience in working with first responders.

MY PORTAL

MY Portal from MYgroup provides resources and materials specific to first responders. Visit mygroup.com > LOGIN. Select Login to MY Portal. Visit "Career & Professional" on the left side of the page and navigate down to "First Responders."

ONLINE PEER SUPPORT

The online peer support community from MYgroup provides a safe space where you can connect with others facing similar situations. There is a support group specifically dedicated to first responders and their family members. Visit mygroup.com > LOGIN. Select Access Online Peer Support. After logging in, click Community, and then the Groups tab.



Call us at 800.633.3353
Visit mygroup.com > LOGIN