

Annual Behavioral Health Review (ABHR)

First responders are the backbone of our community, bravely facing countless challenges and traumatic events every day. While physical assessments are routine, their mental well-being often goes unnoticed.

That's why Perspectives proudly presents the Annual Behavioral Health Review (ABHR) program.

**Also available as a semiannual or biannual offering.*



ABHR is a comprehensive behavioral health assessment specifically designed for first responders. It offers a safe and confidential space for you to process the challenges, traumas, and emotional burdens you face throughout your career.

Why Choose ABHR?

- **Specialized Counselors:** ABHR assessments are conducted by Perspectives counselors who specialize in working with first responders. They understand the unique demands and pressures of your profession.
- **Confidentiality Assured:** Your privacy is of utmost importance. We will never disclose any information without your signed release of information.
- **Departmental Requirement:** Just like a physical assessment, your first responder department can now require ABHR. Take charge of your mental well-being with this essential evaluation.

What Can You Expect?

- **Empathetic Support:** Our experienced Perspectives counselors will guide you through the ABHR process, providing compassionate support tailored to your needs.
- **Referrals for Further Care:** Upon completion of ABHR, your counselor will inform your department of your attendance, with your signed release of info. Additionally, if clinically appropriate, they will offer referrals to further support services.
- **Continued Counseling:** If you wish to continue counseling beyond ABHR, our counselors can help you access counseling services through your Employee Assistance Program (EAP) benefits.



The ABHR program has already made a positive impact on the well-being of countless first responders and received glowing reviews from chiefs.

TAKE THE FIRST STEP TODAY.

Don't miss this opportunity to prioritize your mental well-being and contribute to the overall strength of your department.

Contact your Perspectives Account Manager to learn more and to schedule your Annual Behavioral Health Review.