



1-833-YU-FIRST
(1-833-983-4778)

July Newsletter

Free Training to Reduce Stigma within the First Responder Community

Mental Health is a top priority in the First Responder community. First Responders are at a greater risk for experiencing symptoms of depression and anxiety due to repeated exposure to trauma. Many First Responders are hesitant to seek help because of the stigma surrounding mental health.

Our staff provides free in-person and Zoom presentations to educate first responders about stigma, recognize it's negative impact, and provide tools on how to reduce stigma within ones department. Contact us today to request an in-person or Zoom presentation.



[Request More Information](#)

Resource of the Month



Making Music for Health and Happiness
RESOUNDING JOY



Resounding Joy enhances the human experience with therapeutic applications of music. Resounding Joy uplifts individuals and families with challenging conditions, helps them achieve their goals, and supports health and wellness throughout the community.

Their music therapists are highly-trained professionals, who after graduating with an approved degree in music therapy, complete a 1,200-hour internship and a challenging national board certification test. Music therapists' education encompasses biology, psychology, and neurology, as well as training in voice, guitar, piano, percussion, and often other instruments to accommodate various evidence-based interventions.

[Learn More](#)

Home Services Contact Us Our Team Resources COVID-19



To learn more about resources, stress reduction techniques, and how to reduce stigma, check out our resource page!

[Resources](#)



This program is funded by the County of San Diego/HHSA

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[Check out our website](#)