



The Texas Wellness Demonstration Program for First Responders, Veterans, Caregivers, and their Families

Ben Miranda
Corporate External Affairs Officer



**Together, we are strengthening behavioral health,
reducing suicide risk, and improving wellbeing.**



ENDEAVORS[®]

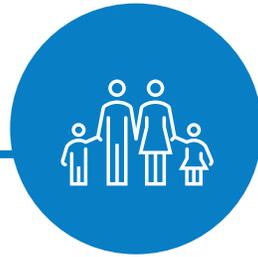


What We Do

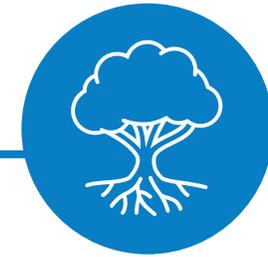
Our goal is to improve quality of life for **first responders, veterans, caregivers**, and their **families** by delivering integrated, whole-person wellness and behavioral health services.



Trauma-informed,
ensuring the environment
remains supportive



Focused on mental and
physical health, as well as
family support



Helps participants move from
chronic stress and crisis into
stability and resilience

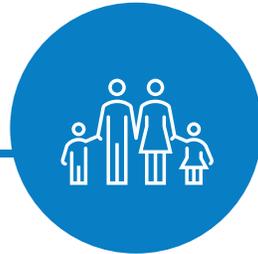
Open first responders, military veterans, family members, and caregivers
(EPPD, EPFD, Sheriff's Office, DPS, and Dispatchers)

Our Why

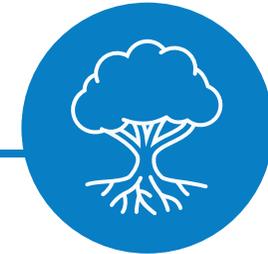
We want you to feel your best **mentally**, **physically**, and **spiritually** – however that looks for you – at work and at home.



Improve Mental & Physical Health



Improve Relationships



Improve Overall Quality of Life

First responders and veterans face unique pressures that can have long term effects. Our **no-cost** support program is here for you and your loved ones.

Our Services

- **Health & Wellness Services**

- Fitness Center
- Relaxation & Wellness Rooms
- Alternative therapies, such as massage and chiropractic
- Fitness, wellness, and nutrition coaching

- **Clinical & Behavioral Health Counseling**

- Virtual and in-person counseling
- Stress reduction and resilience programs

- **Family & Caregiver Counseling**

- **Wellness Classes & Workshops**

- **Financial Literacy**

- **Spiritual Wellness**

- **Community Events**

- **Case Management**

Ready to feel stronger, more focused, and more like yourself?

- No-cost
- Confidential
- No referral required

Register today!

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This program is part of a statewide effort gathering critical data to improve long-term support for Texas' more than 150,000 first responders. The insights collected here in El Paso will help shape future funding and policy for years to come.

Questions?

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