



# You. Are. Not. Alone.



You entered into a beautiful, noble profession some time ago with a passion for the greater good of others. You have seen, heard, smelled, touched, confronted, and comforted some of the worst that humanity can inflict on itself and each other. There is a price for that cumulative exposure to those incidents that are beyond the range of normal human experience. Your brain is storing that data every minute of every day; and it needs your help to manage that data. Like a computer, your brain will glitch if you don't manage all of that stored data effectively. This is about science, no more, no less. There is no shame in science, and we must normalize your brain's need for that daily maintenance instead of stigmatizing and shaming that you should be "strong enough" to handle the nightmares, flashbacks, mood swings and sleepless nights by yourself. **You are not alone.**

Whether it may be childhood trauma, family or couple stress, medical or mental health issues, addiction issues, work-related trauma, political issues, or inter-departmental stress, we will work together to build the most effective treatment plan and toolbox, along with the roadmap, for your individualized healing and progress. Honor Wellness Center strongly advocates for a collaborative approach between first responder peer, family, clinical, medical, holistic and clergy support and intervention. This allows for many options and resources of care to give a well-rounded case management approach to every first responder and veteran. **You are not alone.**

Honor Wellness Center, Inc. is an outpatient mental health, trauma and addictions treatment center focused on serving the needs of public safety-first responders, military, veterans and their families. We are a registered non-profit 501 (c) 3 located in downtown Manchester, CT. Honor Wellness Center is currently providing in person and virtual one to one, couples and family sessions seven days a week with first responders and veterans across the country. We also provide free psycho-educational and recovery-based groups as well as a weekly online Art Therapy group. Honor Wellness Center enjoys statewide partnerships with other like-minded first responder and veteran-focused agencies and organizations to create a continuum of care for all public safety-first responders, veterans and their families. **You are never alone.**

*~Phyllis DiGioia*