

ABOUT US

OTR Wellness is a non-profit organization offering wellness support & counseling services with locations in Alexandria, VA and Washington, DC.

Our clinicians are experienced with first responders & put a strong emphasis on Trauma-Informed Care. We work with local and federal first responders and military throughout the DMV area.

The mission of OTR is to provide ethical and professional clinical services to all our clients.

We strive to empower & walk with our first responders on their path forward.



CONTACT US

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OTR WELLNESS TEAM



Departments interested in mental health education? Ask us about our presentations!

FIRST RESPONDER WELLNESS PROGRAM



**FREE, CONFIDENTIAL
WALK-IN MENTAL
WELLNESS SERVICES FOR
FIRST RESPONDERS**

provided by
OTR Wellness

www.overtherainbowllc.com



FIRST RESPONDERS + TRAUMA

Over the course of their careers, law enforcement, firefighters, EMTs, & military first responders can be exposed to many traumatic experiences.

Ongoing, prolonged exposure to trauma can come at the cost of your mental, emotional and physical health. 2021 National Wellness Survey results showed that out of over 6,000 sworn officers, 48% had experienced traumatic stress symptoms.

According to the "What Cops Want in 2024" survey of 2,833 law enforcement personnel, police work may have a profound impact on mental health:

- 71% struggle with sleep disturbances
- 50% experience heightened anger
- 50% report relationship or family issues
- 39% are affected by depression
- 36% endure anxiety or panic attacks
- 35% report Post-Traumatic Stress, PTSI, or PTSD
- 11% harbor suicidal thoughts specifically due to work stress

YOU ARE NOT ALONE

WHAT IS THE FRWP?

The First Responder Wellness Program (FRWP) is a free, confidential, walk-in service offered exclusively to first responders and their family members in the DMV area.

Designed by OTR clinicians, the FRWP provides accessible, trusted mental health support for first responders, working in close partnership with peer support teams and wellness networks across the DMV.

WHAT CAN I EXPECT?

- A one-on-one, collaborative meeting with a clinician to discuss issues impacting your mental health and overall wellbeing, provide immediate support, and develop an action plan to best address your concerns.
- A brief assessment of your professional role, experiences, & symptoms.
- Payment and paperwork are not required for wellness checks & your information remains confidential.

HOW DO I GET SEEN?

If our Alexandria office door is open, simply walk in and wait in the lobby area for the next available clinician.

Our DC office is available by request.

If the office is closed, contact us by phone or email and you will be connected with an available clinician ASAP



COMMON SIGNS OF TRAUMA

- Irritability, anger, over-reacting
- Insomnia, nightmares
- Sadness, depression, tearfulness
- Anxiety, feeling "keyed-up"
- Increase/decrease in appetite
- Increased use of alcohol or meds
- Impulsivity or risk-taking behaviors
- Dizziness, trembling, headaches
- Avoidance, social-withdrawal
- Memory & concentration issues
- Re-living events, intrusive thoughts

