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FOR IMMEDIATE RELEASE

Essex Police Department Marks First Responder Wellness Week with Resources and Challenges for Employees.

Essex Junction, VT March 25, 2024— Essex Police Department will participate in First Responder Wellness Week, taking time to highlight personnel health and wellbeing and agency wellness programs.

[First Responder Wellness Week](#), taking place March 25-29, 2024, is an annual event that aims to build awareness of the wellness challenges facing public safety professionals, educate first responders on how to effectively care for their physical and mental wellbeing, and equip agencies to provide holistic support. This year's theme, "Stronger Every Day," focuses on helping first responders build up strength in every area of wellness. Sponsored by Lexipol, the leader in policy, training and wellness support for first responders, the event features a different focus for each day of the week: physical fitness, peer support, nutrition, mental health and family wellness.

"Here at the Essex Police Department, we understand that the wellness of our personnel is not just a priority – it's intrinsic to our commitment to safeguarding the community of Essex. We stand firm in our dedication to providing unwavering support for our officers and their families, addressing the holistic spectrum of physical, mental, and relational health," says Community Affairs Liaison, Anthony Jackson-Miller. "Our Chief, Ron Hoague is proud to affirm that First Responder Wellness Week serves as a pivotal moment for us to foster meaningful dialogue around wellness and spotlight the wealth of resources at our disposal. Together, let's elevate our collective well-being and fortify our capacity to serve with resilience and strength."

Essex Police Department will mark First Responder Wellness Week by sharing about critical resources, including workouts, mental health supports, and wellness coordination. In addition, Essex Police Department supports personnel health and wellbeing throughout the year through the Town of Essex wellness program.

"First Responder Wellness Week is a great opportunity for agencies like Essex Police Department to promote wellness, provide critical resources and start wellness conversations among personnel," says Dr. David Black, Lexipol's president of wellness solutions. "At Lexipol, we're excited to see agencies participating and working together to 'smash the stigma' and address the challenges facing our first responders."

For more information, visit epdvt.org or <https://www.firstresponderwellnessweek.com/>.

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