

# Upstate

## FIRST RESPONDER SUPPORT TEAM



The FRST Program offers behavioral health services designed to assist first responders and their families. We have been successfully providing services in the Charleston area for over thirteen years. FRST services are now available Statewide.

### SERVICES

**Short-Term Counseling  
Assessment & Referral**

**Medical Consultation When Needed**

**Individual, Couples, & Family Counseling**

**Eye Movement Desensitization & Reprocessing**

**\*\* All Services Are Confidential \*\***

**APPOINTMENTS AND REFERRALS:**

**Upstate FRST**

**833-364-3778**