



# FRONTLINE THERAPY NETWORK



## FROM OUR FRONTLINE TO THEIRS.

### FREE TELETHERAPY FOR COVID19 FRONTLINE RESPONDERS

As they face an unprecedented time of stress, personal exposure and uncertainty, local medical personnel, first responders and military/veterans are waging war to safeguard Kansas City against COVID-19.

To support their mental and emotional wellbeing, The Battle Within has created the Frontline Therapy Network to provide these frontline defenders free, remote access to local, licensed therapists.

#### HELP IS A CLICK AWAY

For first responders, medical personnel or military/veterans needing to talk with someone, they can simply visit [thebattlewithin.org](http://thebattlewithin.org). We'll match them with a therapist who can help. These services will cost them nothing.

#### SPONSOR SOMEONE'S SESSION

The Frontline Therapy Network is supported entirely by donations from those who want to see our COVID-19 Warriors get the support they may need. Donations can be made at [thebattlewithin.org/donate](http://thebattlewithin.org/donate).

#### LET'S TAKE CARE OF THE ONES TAKING CARE OF US

Chances are you know someone in the war with COVID-19. Please— share the Frontline Therapy Network with them, especially those experiencing grief, anxiety or stress.



THE BATTLE WITHIN

FOR MORE INFORMATION CONTACT THE BATTLE WITHIN  
AT **913.359.6100** OR **INFO@THEBATTLEWITHIN.ORG**

The Battle Within is a Kansas City nonprofit (EIN#83-2379887) helping our nation's veterans and first responders find their path to healing.

# FAQS

## WHO IS ELIGIBLE FOR FREE TELETHERAPY?

We offer free psychotherapy sessions (either in-person or via telehealth) to first responders, medical personnel, and veterans.

## I'D LIKE HELP. HOW DOES IT WORK?

Fill out an application at [thebattlewithin.org](http://thebattlewithin.org) and a psychotherapist from our team will be in touch as soon as possible (usually the same business day). They will conduct a basic assessment to connect you with the therapist, within our network, most ideal to support your needs. After you have been linked to your therapist, you two will coordinate and schedule your first free session.

## WHAT IF I FEEL THE NEED FOR CONTINUED SESSIONS?

You'll work closely with your therapist, and if you desire to continue beyond the original six (6) free sessions, your therapist can request additional free sessions. So long as we have funding available, we will do what we can to support your needs. If we cannot honor requests for additional free sessions, your therapist will talk with you about the options to continue through insurance, reduced, or normal rates.

## CAN I SEE A THERAPIST IN PERSON?

Yes. At this time, several of our therapists are still offering in-person sessions because psychotherapy is considered an essential service. If seeing a therapist in person is important to you, please let us know, and we will be sure to pair you with a therapist who can do so.

## WHAT ARE THE QUALIFICATIONS OF THE THERAPISTS?

The Battle Within has vetted each therapist in our network to serve our warriors best. Each therapist is licensed and qualified in their unique fields. Additionally, many of these therapists have additional qualifications, such as certifications in specialties or modalities, such as Somatic Experiencing (SE) or Eye Movement Desensitization and Reprocessing (EMDR), which are three highly-valued trauma therapies. We will not make referrals to therapists if we do not feel confident that the therapist is well prepared to provide the care that is needed.

## WHO IS FUNDING THESE FREE SESSIONS?

Our team members work with partners and private donors to raise funds for these services. So far, we have received grants from partners such as Veterans United Foundation, Humana, and Dimensional Innovations, and we are currently seeking funding from additional donors.

## I'D LIKE TO DONATE. WHAT DO I DO?

We value and accept donations from individuals who want to fund individual sessions (\$50 per session), and we also appreciate partnerships from businesses, companies, or foundations that are interested in joining with us.

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### FRONTLINE THERAPY NETWORK TEAMMATES

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