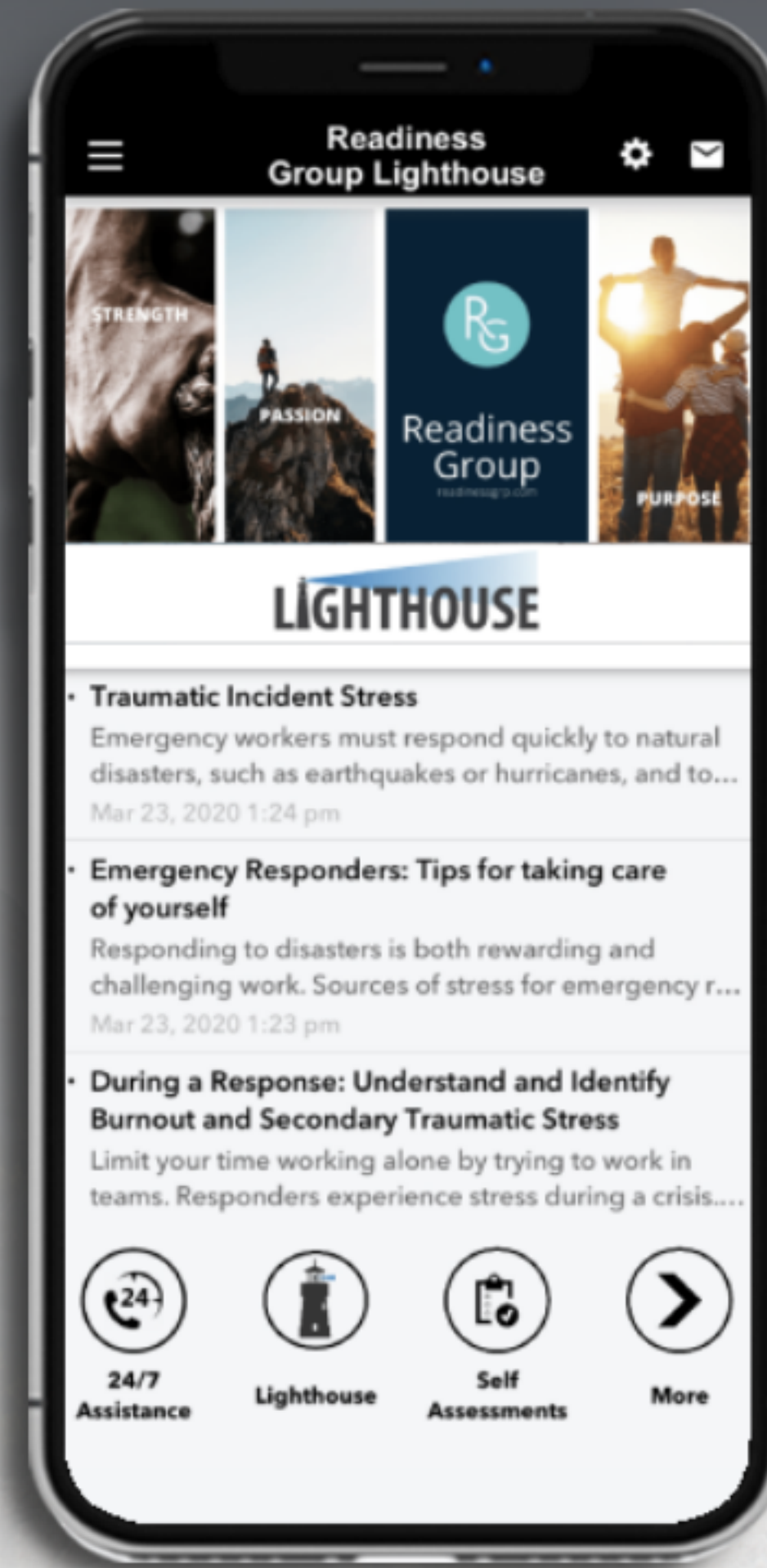# Download Your Agency's Custom Health and Wellness App TODAY

Scan HERE for iOS Download

Or visit

app.apexcards.net/readinessgrp/request_code

Scan HERE for Android Download

Or visit

app.apexcards.net/readinessgrp/request_apk

Readiness Group Lighthouse

LIGHTHOUSE

- **Traumatic Incident Stress**
  Emergency workers must respond quickly to natural disasters, such as earthquakes or hurricanes, and to...
  Mar 23, 2020 1:24 pm

- **Emergency Responders: Tips for taking care of yourself**
  Responding to disasters is both rewarding and challenging work. Sources of stress for emergency r...
  Mar 23, 2020 1:23 pm

- **During a Response: Understand and Identify Burnout and Secondary Traumatic Stress**
  Limit your time working alone by trying to work in teams. Responders experience stress during a crisis....

24/7 Assistance | Lighthouse | Self Assessments | More

LIGHTHOUSE
HEALTH & WELLNESS