


OUR SPACE

Our 3,500-square-foot facility is thoughtfully designed to support paramedics in a confidential, calming, and welcoming environment. It features dedicated spaces for therapeutic activities, including a gym, a kitchen for wellness-focused workshops, private and cozy offices, and a versatile pottery and art room. Surrounded by green spaces, the setting provides a quiet, home-like atmosphere that fosters relaxation and healing while maintaining the utmost confidentiality.



We take the stress out of reaching out for help. Quick, confidential, and easy access to the services you need.

Contact Us

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STRATFORD
Counselling &
Occupational Therapy
Services



 **VITAL SUPPORT**



Supporting the Mental Health
of Paramedics &
Communication Officers

Tailored Support. Resilient
Careers. Balanced Lives.

How can Vital Support help?

We focus on normalizing and treating trauma symptoms such as emotional numbing, social isolation, and intrusive responses, while providing effective solutions to manage stress during both shift work and personal life. Our approach is designed to support your ability to stay calm and present, helping to expand your window of tolerance and enhance overall resilience.



SERVICES

- Confidential Therapy: Individualized support for trauma, stress, and work-life balance.
- Occupational Therapy: Strategies for improving sleep, nutrition, exercise, and self-care.
- Prevention & Education: Learn to recognize symptoms early, regulate your nervous system, and build resilience.

WHAT WE OFFER

- Expertise in First Responder care with years of experience in workplace culture and trauma challenges.
- Tailored interventions addressing trauma, moral dilemmas, and nervous system regulation.
- Tools and strategies to prevent and manage symptoms, enhancing longevity in your career.



A TEAM YOU CAN TRUST

We understand the demands and complexities of working as a Paramedic or Communication Officer.

Our multidisciplinary team provides targeted, confidential care to enhance resilience and well-being.

