

HAVE YOU COMPLETED YOUR ANNUAL PHYSICAL?

HFD STAFF PSYCHOLOGISTS
Dr. Leah Belsches 832-405-6865 Leah.belsches@houstontx.gov
Dr. Temara Holt 346-739-3121 Temara.Holt@houstontx.gov

Wellness deadline dates

Annual Physical 10/1/25 - 9/30/26
Health Assessment 1/1/26—11/13/26



HFD CHAPLAINS

Chaplain
Tyler Hicks 281-386-5032 Tyler.Hicks@houstontx.gov
Associate Chaplain
Benjamin Boggs 713-281-2104 Benjmin.Boggs@houstontx.gov

Prioritize your loved ones Update your beneficiaries!

CoH Life insurance 832-393-6000
Pension 281-372-5100
Aflac/CAIC 281-413-3239
Empower Retirement 713-426-5588

CISM COORDINATOR

Capt. Heather Arnold
832-444-0137
Heather.Arnold@houstontx.gov



Contact OEC 713-884-3143

Final Paycheck Beneficiary Form (DocuSign)



FAMILY ASSISTANCE COORDINATOR

EOP James Wick
346-266-5633
James.wick@houstontx.gov

CANCER SUPPORT
832.394.6607

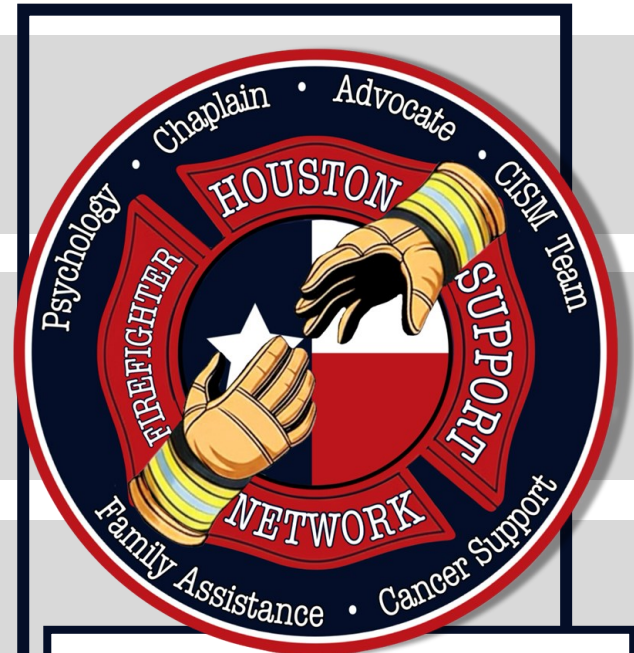
LOCAL 341
713.223.9166

Instructions to verify, add, change beneficiaries



MEMBER ADVOCATE
Sr. Captain Vidal Molina
281-896-9499
Vidal.molina@houstontx.gov

FSN ASSISTANT
E.O. Obed Ceballos
346-868-6249



FIREFIGHTER SUPPORT NETWORK



FSN Website

We're here to serve you.

The FSN provides

confidential assistance to our Firefighters, their families, Retirees, and civilian members.

HR/Admin Support

If have any issues / questions regarding:

FMLA
Workers Comp
Health Insurance
Admin related, etc...

Contact the

Member Advocate
or
FSN Assistant



Hospital Visits

A member of the FSN team will follow up with members who are hospitalized on duty or off duty to offer support and assistance.

Priority 1 & 2 transports within 24 hours

Priority 3 transports within 72 hours

Financial Support

The **Houston Firefighters Protection Fund** can assist with;

Hospitalizations of at least 3 days (must notify FSN while in hospital),
Prolonged medical rehab / recovery
Emergency home damage.

Eligible for \$250-\$750 a year

Contact Member Advocate or Chaplain

Behavioral Health

HFD has two full time **Staff Psychologist** that offer free counseling for our members and their immediate family.
Virtual counseling is available.

FSN can also provide assistance when a mental health or addiction in-patient resource is needed.

The **CISM team**

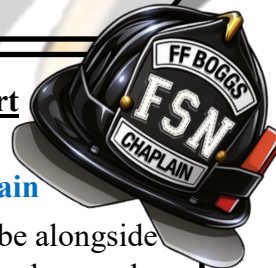
is a peer support team trained in crisis intervention to help our members cope with challenging incidents at work or home.

[Call OEC to reach the CISM team](#)



Spiritual Support

The mission of the **Chaplain** is to connect with, care for and be alongside our Active, Retired, Civilian members and their families to support their Spiritual, Physical and Emotional health.



Funeral Assistance

The **Family Assistance Coordinator** will provide guidance and assistance to families who experience a LODD or Active / Retiree member death.



Cancer Support

HFD members who have been diagnosed with and battled cancer are available to assist our firefighters and their families navigate the

Helpful Info

FSN Facebook group



HR One



HROneConnect.houstontx.gov

Free Resources

CoH Employee Assistance Program (EAP)
832.393.6510

UT Health First Responder Program offers free telehealth for those dealing with Mental health or substance abuse issues. Latosha Allen
713.486.2630

Grace & Guidance counseling 832.242.9970

L341 provides 10 free sessions

The **988 suicide & crisis lifeline** is available 24/7/365 for mental health struggles, emotional distress, or drug & alcohol concerns. You can **call or text "988"**.