IF YOU SEE NO WAY OUT
THEN JUST REACH OUT
MAKE THE CALL TO MAKE THINGS BETTER

Talk to someone you love. Talk to a friend or colleague. Or, talk to counselors trained and experienced in the firefighter and EMT culture by calling the national Fire/EMS Helpline: 1-888-731-FIRE (3473).

Find resources to Share the Load at www.nvfc.org/help.
PERSISTENT SADNESS • SUICIDAL THOUGHTS • SUBSTANCE ABUSE • WORK/LIFE STRESSES

The Fire/EMS Helpline is in partnership with American Addiction Centers. Have questions about the Share the Load™ program? Dial 202-887-5700.