



I didn't see
a way out,
but then
I reached out.

- Scott, Fire/EMS Helpline caller

Thanks to the support I received from the Fire/EMS Helpline,
I got my life back on track and now feel like myself again.

Being a firefighter takes an emotional toll on all of us.
If you need help, please make the call.



**SHARE
THE LOAD™**
A SUPPORT PROGRAM
FOR FIREFIGHTERS
AND EMTs

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 free, confidential, and available 24/7.
Brought to you by firefighters for firefighters and EMTs, in partnership with American Addiction Centers.