



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](http://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.