If You See No Way Out
Just Reach Out

MAKE THE CALL TO MAKE THINGS BETTER

Being a Firefighter brings many challenges. Remember, you are not alone. 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.

www.nvfc.org/help

Fire/EMS Helpline: 1-888-731-FIRE (3473)
FREE, CONFIDENTIAL, 24/7

Signs to Watch Out For
Isolation: Becoming distant from the company around the firehouse
Loss of Confidence in their abilities as a firefighter or EMT/Paramedic
Sleep Deprivation: Difficulties sleeping at the station or on off days
Anger: Suppressed anger or taking anger out at home
Impulsive: Behaving recklessly or in ways not typical for that person

How to Help
Be Proactive, Be Direct.
We do this when responding to an emergency.

Ask the Questions.
If the firefighter is having suicidal thoughts, ask “Do you feel like killing yourself now?” and “Do you have a plan?” A “yes” means you need to seek medical help immediately. Do not leave the person alone.

Have Compassion.
Show compassion and stay in the moment when talking to someone who needs help.

Use Discretionary Time.
If someone comes to you with a problem you don’t understand, state that you need to do research and gain information to help them.

Walk the Walk.
If your brother or sister is in need, stand by their side to help them through their issues.

Source: Firefighter Behavioral Health Alliance, www.ffbha.org