

# If You See No Way Out Just Reach Out

**MAKE THE CALL TO MAKE THINGS BETTER**



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

**FIRE/EMS HELPLINE:**

**1-888-731-FIRE (3473)**

**FREE, CONFIDENTIAL, 24/7**

**Find resources to Share the Load at [www.nvfc.org/help](http://www.nvfc.org/help)**

The Fire/EMS Helpline is brought to you by firefighters, for firefighters,  
in partnership with American Addiction Centers.



**NVFC**  
NATIONAL VOLUNTEER FIRE COUNCIL  
FIRE • EMS • RESCUE