

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.

Find resources to Share the Load
at www.nvfc.org/help.



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

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