

As a first responder, your emotional well-being is just as important as your physical health. Are you or someone you know struggling with persistent sadness, substance abuse, work or life stresses, or other issues affecting your work or home life? The first step is reaching out.

Here's what you can do:

- Talk about it
- Seek professional help for yourself or your colleague
- Encourage positive lifestyle changes, like eating better and getting more exercise
- Offer support by listening and checking in with your peers

Call the National Fire Service Member Assistance Program and talk to someone who understands. We're ready to answer the call.

1-888-731-FIRE (3473)

Trained firefighters and counselors familiar with the fire and emergency services are available 24/7.

National Volunteer Fire Council  
Supporting Those Who Serve

Learn more at [www.nvfc.org/help](http://www.nvfc.org/help)