



IS THIS YOU?

(Or A Brother/Sister First Responder)

PROTECTING OUR OWN IS AN INSIDE JOB!

As First Responders exposure to potentially traumatic events and “Bad Calls” happen. We are also human, with families, homes, bills to pay, and people to answer to outside the job. As a profession, first responders have higher rates of divorce, alcohol use, substance use and suicide than the civilian population.

WHAT CAN YOU DO TO HELP?

- Don't try to “tough it out!” This could hurt you, your family, and your crew.
- If you see one of our “familyhood” members struggling- approach, ask and HELP.
- Access the Peer Support Team by scanning the QR code and enter the password – **Nashville1**
- If they are suicidal or need help now for any reason call 800-273-8255 for 24/7 help.
- Access the EAP Program by scanning

