

PTSD IS REAL

Firefighters and Medical personnel respond to events that are traumatic, emotional and heart wrenching. It only takes one response to impact our ability to function rationally.

BPD10

What can you do?

Accept the fact you are human?

Mental health is just as important as physical health.

Recognize the signs that an event has impacted your ability to function normally and ask for HELP.

What are some of the signs?

- Lack of sleep
- Mood swings
- Fighting over little things
- Emotional outbursts

What can I do?

ASK for HELP! Make the call TODAY!

Leadership accept responsibility to keep firefighters mentally healthy as well as physically healthy.



Wildfire Studios

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