

# If You See No Way Out Just Reach Out

MAKE THE CALL TO MAKE THINGS BETTER



**Fire/EMS Helpline: 1-888-731-FIRE (3473)**

FREE, CONFIDENTIAL, 24/7



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.

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



#### Signs to Watch Out For

- Isolation:** Becoming distant from the company around the firehouse
- Loss of Confidence** in their abilities as a firefighter or EMT/Paramedic
- Sleep Deprivation:** Difficulties sleeping at the station or on off days
- Anger:** Suppressed anger or taking anger out at home
- Impulsive:** Behaving recklessly or in ways not typical for that person

#### How to Help

##### Be Proactive, Be Direct.

We do this when responding to an emergency.

##### Ask the Questions.

If the firefighter is having suicidal thoughts, ask "Do you feel like killing yourself now?" and "Do you have a plan?" A "yes" means you need to seek medical help immediately. Do not leave the person alone.

##### Have Compassion.

Show compassion and stay in the moment when talking to someone who needs help.

##### Use Discretionary Time.

If someone comes to you with a problem you don't understand, state that you need to do research and gain information to help them.

##### Walk the Walk.

If your brother or sister is in need, stand by their side to help them through their issues.

Source: Firefighter Behavioral Health Alliance, [www.ffbha.org](http://www.ffbha.org)