Utilize Peer Support Programs

When you have a Critical Incident, take advantage of your departments programs!

- Post-Incident Support
- Peer Support
- Referrals to professional help if needed
Talk to someone

- Spouse
- Friend
- Coworker
- Mentor
- Peer-Support
- Counselor
Make use of EAP

This is a benefit that you’ve earned!

- Explore your EAP program
- Know your benefits
Make use of Firestrong

- [www.firestrong.org](http://www.firestrong.org)
- Firestrong Peer Support team
- Addiction education and assessments
- Mental Health education and assessments
- 24/7 Firefighter & Family Crisis and Support Line
- 844-525-FIRE (3473)
Take care of yourself

- Workout regularly
- Eat clean
- Sleep well
Don’t hold back from crying

Crying is the body’s release valve for stress, sadness, grief, anxiety, and frustration.
Don’t hold back anger or frustration

- Angry, cathartic ventilation can be very therapeutic.
- Find positive outlets for anger and frustration.
Get a pet

Animal-assisted therapy has been shown to help with anxiety, depression, and fatigue.
Find what you like to do and do it well

- Find your passion and be selfish about it!
- Balance overtime and make time for you.
- This is part of your restorative care!
Welcome to the best job in the world!
Ask Ourselves

- What are we doing to build resiliency in our First Responders?
- Are we doing enough?
- Can we do more?