

NOT ALL WOUNDS ARE VISIBLE

First responders can experience hundreds of traumatic incidents in a career

(Source: International Association of Fire Fighters, APA)

Up to 30% develop post traumatic stress—compared to 6.8% in the general public.

(Source: SAMHSA, National Institute of Mental Health)

Prevention starts with talking.



**NORMALIZE
CONVERSATIONS ABOUT
MENTAL HEALTH.**



**ENCOURAGE EARLY
IDENTIFICATION AND
PEER SUPPORT.**



**OFFER REGULAR MENTAL
HEALTH EDUCATION.**



**DEBRIEF AFTER CRITICAL
INCIDENTS.**

WE ARE HERE TO HELP.

**This Post-Traumatic Stress
Awareness Month, speak up
and stay in the fight.**



#breakthestigma
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