



**HEALING OUR OWN**

A firefighter's intuition is strong. If you see something, say something, do something.

# PREVENTING SUICIDE IN THE FIRE SERVICE STARTS WITH YOU



**DIAL 988**

**SUICIDE AND  
CRISIS LIFELINE**



For more information about PTSD and its effects  
please visit [HealingOurOwn.org](https://HealingOurOwn.org)