



ALABAMA FIRST RESPONDERS PEER SUPPORT

*Free, Confidential Support for
Fire Service, Emergency Medical,
& Dispatch Personnel*

1.833.219.2461

SILENT SIGNS OF FIRST RESPONDER STRESS:

Fatigue

Sleep disorder

Irritability

Alcohol/prescription drug abuse

Physical ailments

Late for work regularly

**Feeling pessimistic,
hopeless, or depressed**

Physical/emotional pain

Suicidal thoughts (call immediately)

**Inaction on the job, anger,
secretly crying, bitterness**

WHAT ELSE SHOULD I KNOW?

Because you are doing an extremely difficult job that no one outside of first responders understand, you are likely having normal reactions to stress. There are some simple things you can do to help and heal yourself.

Eat healthier & drink more water

Drink less caffeine/alcohol.

Get an annual physical exam

Exercise daily

Get some rest

Talk with someone you trust

Though we are not counselors, we have suffered through the pains of being a first responder. We have been through fires, horrendous wreck scenes, natural disasters, and seeing our brothers and sisters die. We have seen the mangled young and abused adults. We have survived divorce, cancer, accidents, the death of our children, and so much more.

Peer support is our mission. Let us help.

The PAIN of first responder survival is not just fighting; it includes surviving physically, mentally, emotionally, and spiritually. Our profession's old, self-help methods of divorce, drinking, and denying hurt us even more. If it's early in your career, you know well this pain. If you're a veteran, you have hidden this pain deep inside. In either case, it's killing you.

- **Firefighters have shorter life expectancies than the average population**
- **Firefighters are 3x more likely to die on the job**
- **A firefighter commits suicide about every other day**
- **37% of firefighters have suffered with PTSD**
- **We live from one high stress event to another**

We offer free, confidential peer support.

Because we are first responders, Alabama First Responders Peer Support members are motivated by our compassion and are here to help you confront the realities of a career as a first responder. Many of the hazards we face are the unseen effects and inherent stress- we understand the career and lifestyle affect us personally and professionally. *Alabama Act 2018-416 assures all communications with us are privileged.*