Mental health education is as important as learning how to stay safe on the fire ground.

Post Traumatic Stress – Recognise the early warning signs and don’t ignore them.

Flashbacks • Nightmares
Insomnia • Fatigued • Agitated
Drinking • Detached • Jumpy
Depression • Stress • Trauma • Grief

RESISTANCE • RESILIENCE • RECOVERY

Need crisis support now? Call Lifeline 13 11 14
www.lifeline.org.au/gethelp