

DON'T WAIT UNTIL YOU'RE CONSUMED!

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

 Australian Centre for
Posttraumatic Mental Health

 PICKING UP
THE PEACES
PTS EDUCATION & AWARENESS

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