

Stronger Together

SUPPORT FOR YOUR FIREFIGHTER—AND YOU



Firefighters face repeated exposure to stress and trauma. That impact doesn't stay at the station—it can show up at home.

How You Can Help



RECOGNIZING EARLY CHANGES

ENCOURAGING SUPPORT

STAYING CONNECTED THROUGH DIFFICULT SEASONS



What You May Notice

IRRITABILITY, ANGER, OR WITHDRAWAL

SADNESS, ANXIETY, OR NUMBNESS

LOSS OF INTEREST IN THINGS THEY USED TO ENJOY

EMOTIONAL CHANGES

BEHAVIOR CHANGES

WORK-TO-HOME SPOILLOVER

SLEEPING TOO MUCH OR TOO LITTLE

INCREASED ALCOHOL OR SUBSTANCE USE

AVOIDING CONVERSATIONS OR ISOLATING

BRINGING STRESS FROM CALLS HOME

DIFFICULTY RELAXING OR "TURNING IT OFF"

TALKING LESS (OR NOT AT ALL) ABOUT WORK





How Families Can Help



Stay Connected

KEEP COMMUNICATION OPEN—
EVEN WHEN IT'S HARD.



Ask, Don't Assume

SIMPLE CHECK-INS MATTER:
“HEY, I’VE NOTICED YOU SEEM
OFF—WANT TO TALK?”



Normalize Support

SEEKING HELP IS PART OF
STAYING STRONG—NOT A SIGN
OF WEAKNESS.



Take Care of Yourself Too

YOUR WELLBEING
MATTERS TOO.



Act Immediately If You Notice

- TALKING ABOUT WANTING TO DIE OR FEELING LIKE A BURDEN
- EXTREME WITHDRAWAL OR HOPELESSNESS
- RISKY OR UNSAFE BEHAVIOR
- SUDDEN MAJOR CHANGES IN MOOD OR BEHAVIOR

Where To Get Support



ucfrestores.com
(407) 823-3910



RedlineRescue.org



988 Suicide & Crisis Lifeline
(Call or Text)



Resources for Families



**You are part of the
team—and your support
makes a difference.**