

A close-up photograph of a firefighter wearing a helmet and a breathing apparatus. The firefighter's right hand is visible, making a thumbs-up gesture through the clear visor of the mask. The visor is covered in condensation droplets. The background is dark and out of focus.

We see a  
lot here.  
Sometimes  
it gets  
tough.

 mind  
for better mental health

# Call in confidence

Contact the confidential Blue Light Infoline for helpful information, advice and signposting to local support services for you or a team-mate. Our trained advisors can listen to your concerns and provide advice for police, search and rescue, ambulance and fire services to help you stay well for your role.

Call 0300 303 5999\*

Email

[bluelightinfo@mind.org.uk](mailto:bluelightinfo@mind.org.uk)

Text 84999



\*9am – 6pm, Mon to Fri, calls charged at local rates

## Do more for your and others' mental health

One in four of us will experience a mental health problem in any given year. The chances are even higher for emergency services staff and volunteers.

We offer a specialist information service that provides information, understanding and options for support. We can enable you to make informed choices about your mental health or to support others.

Find out more at [mind.org.uk/bluelight](http://mind.org.uk/bluelight)

