



As a member of the fire service, you spend so much time taking care of others. But what happens when you need taking care of? Reaching out for support isn't a sign of weakness. It's a sign of bravery.

Find information and support at
mind.org.uk/blue-light-information



“Always reach out, don't hold it in for too long. There are so many resources out there, all willing and waiting to listen and support you.”

Becci, assistant operations manager