

FIRE/RESCUE

THERE'S THIS
HEAVY FEELING
IT'S
MORE
THAN
A BAD CALL OR A BAD DAY
IT'S LIKE ALL THE TIME
AND THE FUNNY THING
IS I'M REALLY NOT SURE
WHY?

SHARE IT. DON'T WEAR IT.

IT'S TIME TO SPEAK UP ABOUT MENTAL HEALTH.

CORRECTIONAL
SERVICE
CANADA

HUMBOLDT
& DISTRICT
FIRE DEPARTMENT

OSI - CAN

PRINCE ALBERT
FIREFIGHTERS
ASSOCIATION

REGINA
PROFESSIONAL
FIREFIGHTERS
ASSOCIATION

SASKATCHEWAN
FEDERATION OF
POLICE OFFICERS

SASKATCHEWAN
CRITICAL INCIDENT
STRESS MANAGEMENT
NETWORK

SASKATOON
FIREFIGHTERS
UNION

SASKATCHEWAN
PROFESSIONAL
FIREFIGHTERS &
PARAMEDIC
ASSOCIATION

SASKATOON
PARAMEDIC
ASSOCIATION

SASKATOON
POLICE
ASSOCIATION

SASKATCHEWAN
WORKERS'
COMPENSATION
BOARD

WORKSAFE
SASKATCHEWAN

SaskFirstRespondersMentalHealth.ca

