

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](http://SaskFirstRespondersMentalHealth.ca)

