

I JUST FEEL THIS  
GIANT WEIGHT  
AND I CARRY IT  
EVERYWHERE

I  
CANT  
UNWIND  
EVEN WHEN I TAKE TIME OFF  
I DONT FEEL RELAXED  
I'M ON EDGE  
LIKE EVERYDAY  
I'M ON EDGE

# 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

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