

A firefighter in a dark uniform with reflective stripes is looking down at a handheld radio. A fire helmet is visible in the foreground. The background shows the interior of a fire truck with blue and red lighting.

**Are you
overwhelmed?
Feeling helpless?**

We can help.

Sometimes you just
need someone to listen.
You can call or text us.

We will listen.



988 suicide and crisis lifeline is answered locally by FirstLink.
Learn more at myfirstlink.org

