

# “Saving lives is **STRESSFUL**. Thankfully, we have a **LIFELINE!**”

We get it. The work is stressful and life can get overwhelming. Talk confidentially to a trained peer support specialist who has had similar experiences as a firefighter, dispatcher, or EMS professional. **NJ Fire & EMS Lifeline** is a 24/7 confidential peer support service for New Jersey Firefighters, Dispatchers and Emergency Medical Services Personnel and their families. We offer:

- ✓ **PEER SUPPORT:** telephonic peer counseling, support and clinical assessment
- ✓ **CRITICAL INCIDENT CRISIS MANAGEMENT:** peer-based critical incident stress management (CISM) services available throughout New Jersey
- ✓ **TRAINING:** Resilience and wellness prevention training available to all fire, dispatch and EMS agencies upon request
- ✓ **PROVIDER NETWORK & RESOURCES:** access to providers who are familiar with the unique culture of fire, dispatch and EMS professions

***We've Been Where You Are ...  
Now We're Here For You***

Talk to us and find out more about our **free** and **confidential** services.

888.653.3367 | [NJFIREEMS.com](http://NJFIREEMS.com)

