



# YOU ARE NOT ALONE

Illinois Firefighter Peer Support helps all FULL-TIME AND VOLUNTEER first responders struggling with:

- Anxiety
- PTSD
- Sadness and depression
- Trouble sleeping and insomnia
- Drug abuse and problematic drinking
- Anything else you need to talk about

Talk to someone who's been in your shoes  
**CALL TOLL FREE TODAY:**  
**855-90-SUPPORT**



**CONFIDENTIALITY**



**COMPASSION**



**PEER SUPPORT**

**lffps.org | lffps1@gmail.com**