



SHARE THE LOAD™

A SUPPORT PROGRAM
FOR FIREFIGHTERS
AND EMTs

IF YOU SEE
NO WAY OUT
**THEN JUST
REACH OUT**

MAKE THE CALL TO MAKE THINGS BETTER

Share the Load™ is a support program that helps firefighters, EMTs, and their families overcome persistent sadness, suicidal thoughts, substance abuse, work or life stresses, or other issues affecting work or home life. We're all in this together. We're here to help.

The free Fire/EMS Helpline, designed by firefighters for firefighters and EMTs, offers:

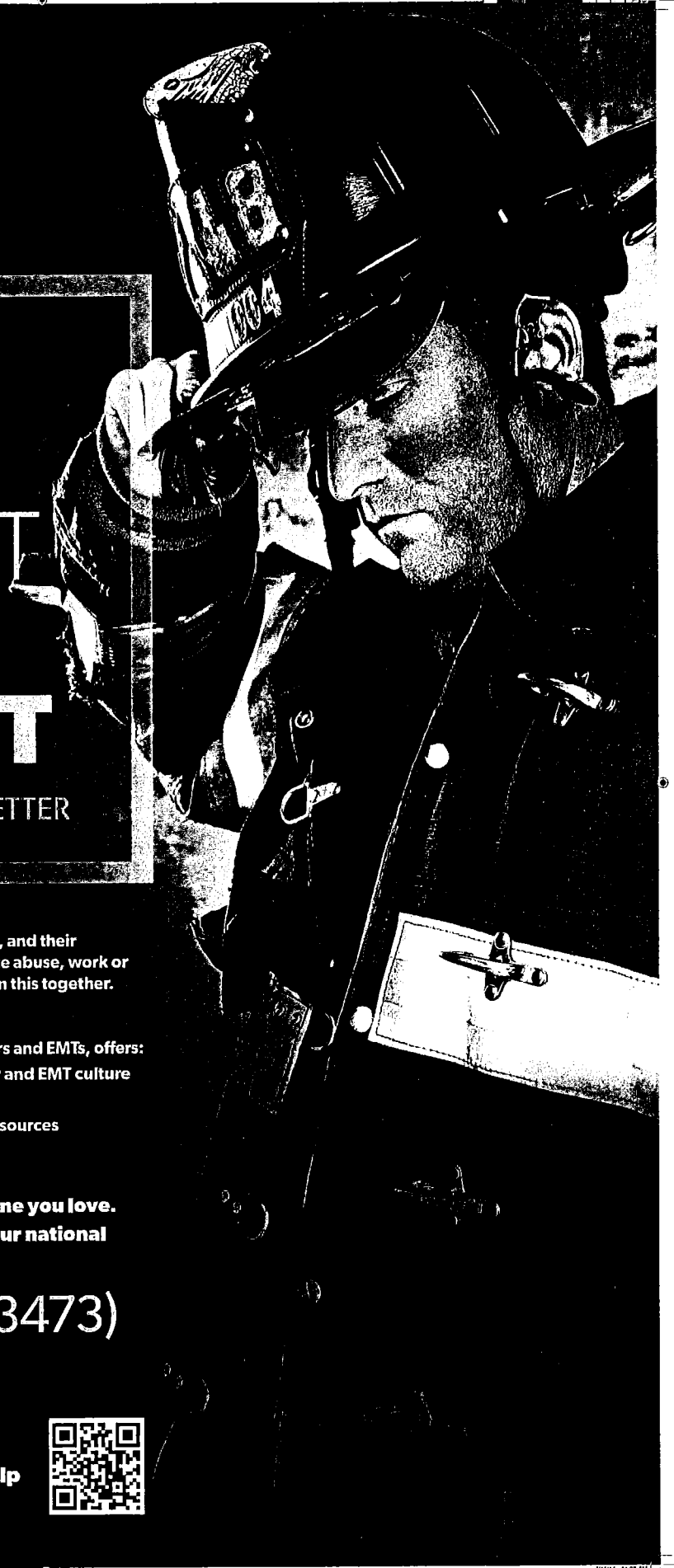
- Certified counselors trained and experienced in the firefighter and EMT culture
- 24/7 availability
- Help connecting with addiction treatment centers and local resources
- Non-judgmental support

**The first step is to share your troubles. Talk to someone you love.
Talk to a friend or colleague. Or, talk to someone at our national
Fire/EMS Helpline:**

Call 1-888-731-FIRE (3473)



Learn more and find resources to
Share the Load at www.nvfc.org/help





PROVIDENT

Insuring America's Heroes Since 1928

Help for Firefighters and Their Families When They Need It Most
The First Responder Assistance Program From Provident

**Your Trusted Leader in Income
Protection for Emergency
Service Organizations**

Provident Agency began serving volunteer fire departments in 1928 with our first blanket Accident and Health Insurance policy to protect the financial livelihood of volunteer firefighters. In 1962, we introduced heart & illness related coverage.

With more than 85 years of experience, and our rich history in delivering volunteer firefighter insurance benefits, Provident continues to be a pioneer in developing insurance benefits for firefighters, EMS providers, police officers, arson investigators and other emergency services providers. We offer benefits for you and your family when you need them most.

Provident

P.O. Box 11588

Pittsburgh, PA 15238

Toll Free: 800.447.0360

www.providentbenefits.com

According to a recent report in the *Wall Street Journal*¹, firefighting is the third most stressful job in the US, with only positions related to active military service ranking higher. Due to the high levels of risk and the unpredictability of the job, anxiety and post-traumatic stress disorders (PTSD) are prevalent among firefighters.²

While many companies offer employee assistance programs (EAPs) to deal with work-life issues, such services are usually not available for volunteer firefighters, who must regularly deal with traumatic events and life-or-death decisions unique to their role, as well as the everyday stresses that most people face. Over time, these pressures can take a serious toll on a firefighter's physical and emotional health.

Confidential Assistance Available 24/7 to Help Firefighters Better Cope

Provident recognizes this service gap, and as a leading provider of benefits for emergency service organizations, offers a solution tailored to the distinct needs of firefighters. The First Responder Assistance Program is included with the Accident & Health insurance coverage available through Provident.

This first-of-its-kind program provides firefighters and their household family members with confidential counseling, resources, and referrals to assistance for a range of issues, including:

- Stress Management
- Depression
- Family Conflict
- Anxiety
- Relationships
- Financial or Legal Concerns
- Addictions
- Grief and Loss
- Problem Gambling
- Child and Elder Care

These services are available any time, online, by phone and even by text and e-mail. As needed, counselors can provide referrals related to insurance benefits and community resources.

Behavioral Health Resources

National Volunteer Fire Council

Share the Load Program: 1-888-731-FIRE(3473)

Safe Call Now

Emergency Services Behavioral Health Hotline: 1-206-459-3020

Provident Agency First Responder Assistance Program

800-447-0360

National Suicide Prevention Hotline

1-800-273-8255

*Pittsburgh Self Help Hotline
1-412-647-5150*