

# End The Stigma.

The Percentage of EMS Providers in Virginia Who Reported at Least One **Negative Mental Health** Outcome:

Entire Career

**76.6%**



Past 12 Months

**61.0%**

## You Are Not Alone

During 2018 to 2019, **3 out of every 5 EMS providers** in Virginia believed they experienced burnout, traumatic stress, depression, post-traumatic stress disorder, suicidal tendencies or some combination of all these. In other words, you are a minority if you have not experienced a negative mental health outcome as an EMS provider.

## It's Okay To Seek Help

This job is tough. Some days are amazing, and some days are not. It is okay to reach out for help. It is okay to take care of yourself.

If you or someone you know is struggling,

**THERE IS FREE AND CONFIDENTIAL HELP AVAILABLE 24/7**

specifically for emergency responders:

**CALL**

**1-888-731-3473**

Fire/EMS Helpline



**TEXT**

**"BADGE" to 741741**

Crisis Text Line