



# STRENGTH REQUIRES MAINTENANCE

First Responders Endure.

For first responder mental health resources, visit  
[bit.ly/FirstResponderMentalHealthVA](https://bit.ly/FirstResponderMentalHealthVA)



If you are a firefighter in need of help, please make the call.  
Visit [www.vdh.virginia.gov/makethecall](http://www.vdh.virginia.gov/makethecall) for information on  
resources available to first responders.