



# STRENGTH REQUIRES MAINTENANCE

First Responders Endure.

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



If you are a police officer 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.