

You take care of us.  
Who takes care of  
YOU?



Research studies show that a Medic's job is more stressful than those of police and firefighters. Between high call volumes, shift schedules, a rapidly changing environment and repeated trauma exposure, it can take a toll. **Therapy is not** "just for weak or crazy people". A confidential space is helpful if:

- You're overwhelmed
- You're more stressed/tired/irritable than usual
- You're finding it difficult to balance work and personal life
- You still care about your job/the people, but feel less passionate
- You might be burned out
- It's hard to fall asleep/stay asleep at home
- You're exhausted or having trouble focusing
- You're not able to "shake things off" like you used to
- You're drinking, sleeping or \_\_\_\_\_ to check out/cope
- You just need to "download content" (talk out your experiences so they're less heavy)

**Confidential support is available:**

- Employee Assistance Program
- 20 min complimentary consultation with Faith Dulin at Harmony Psychotherapy.

Text/Call 980-689-1981 or visit [HarmonyPsychotherapy.com](http://HarmonyPsychotherapy.com)