

# Seeking help is not a sign of weakness... It's a sign of strength.

Most emergency responders will experience a range of signs and symptoms as a result of a serious incident.

If you continue to have signs and symptoms, seek professional help or contact your local CISM team.

For more information visit:

<https://www.nspeast.org/safety/stressawareness>



Your Mental Health is Important.



**Eastern Division**  
NATIONAL SKI PATROL

