

ALABAMA FIRST RESPONDER PEER SUPPORT



**Need to talk?
Reach out.**

**We offer free,
confidential
peer support.**

Because we are first responders ourselves, Alabama First Responders Peer Support members are motivated by compassion and are here to help you confront the realities of a career as a first responder. Many of the hazards we face are the unseen effects and inherent stress- we understand the career and lifestyle affect us personally and professionally.

**Are you
interested
in serving as
a peer support
team member or
hosting peer support
training at your department?**

Email us at:
peersupport@alabamafirecollege.org



We partner with Firestrong.
Call 1(844)525-3473
if you need to talk to
someone immediately.



**TOGETHER, ^{we} are
STRONGER**