



**The Wildland Firefighter Foundation believes that taking care of your mental health is just as important as taking care of your physical health.** If you're struggling with stress, anxiety, depression, or any other mental health issue, don't hesitate to reach out. We're here to help you through the tough times and help you get back to doing what you do best – fighting fires.

Our team of mental health professionals understands the unique challenges that come with being a wildland firefighter. We know that the stress and trauma you face on the job can have a lasting impact on your mental health. That's why we're committed to providing you with the resources you need to stay healthy and resilient.

Our program is confidential, free, and accessible to all wildland firefighters and those who respond to wildland fires. Whether you're a seasonal firefighter, a full-time professional, or a volunteer, we're here to support you.

If you are struggling with your mental health, it is important to seek help. The Wildland Firefighter Foundation can assist you or someone you know in getting help. Learn more about the mental health program on the [WFF website](#). **If you would like to find a culturally competent practitioner for anonymous mental healthcare, please contact the Wildland Firefighter Foundation at [info@wffoundation.org](mailto:info@wffoundation.org) or call (208) 336-2996.**



