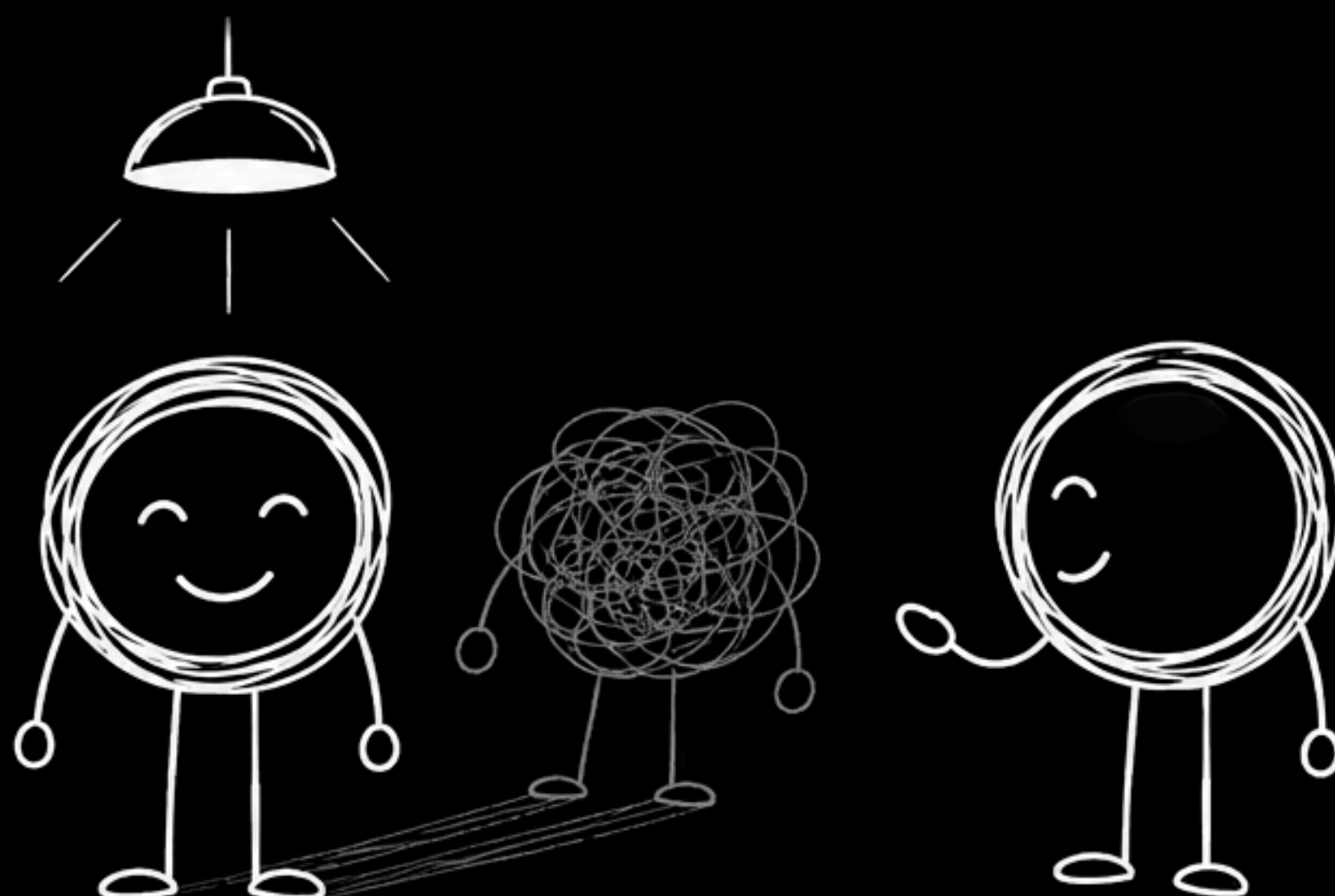


Silence
Between Sirens

FOR EVERY BLUE LIGHT AND FRONTLINE WORKER.

“I’M FINE.”

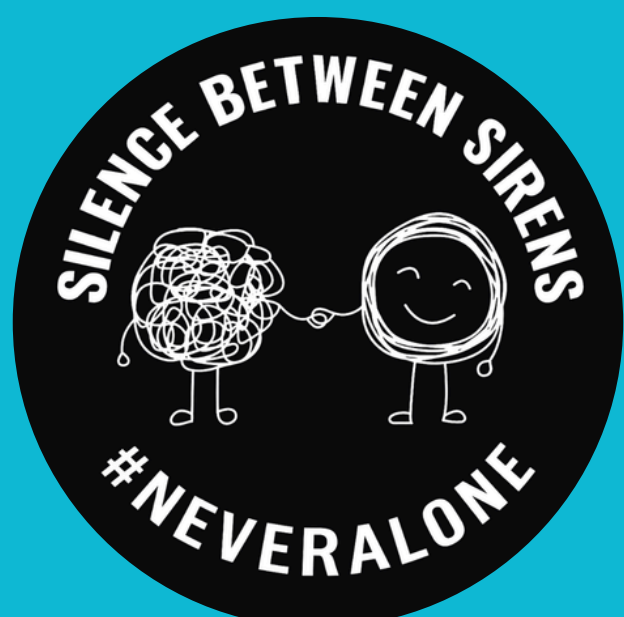


Two words we say after every job.
They are not always true.
It is safe to say more.

92%

of emergency services staff and volunteers
have experienced stress, low mood or poor
mental health while working in the job.

Source: Mind, 2016



Support, before breaking point.

Samaritans 116 123

Text BLUELIGHT to 85258

999 in an emergency

silencebetweensirens.com

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