

# MABAS 43 PEER SUPPORT

**24/7 FIRST RESPONDER AND FAMILY SUPPORT**

**IF YOU ARE STRUGGLING OR NEED TO TALK TO SOMEONE IN COMPLETE CONFIDENTIALITY PLEASE REACH OUT.**

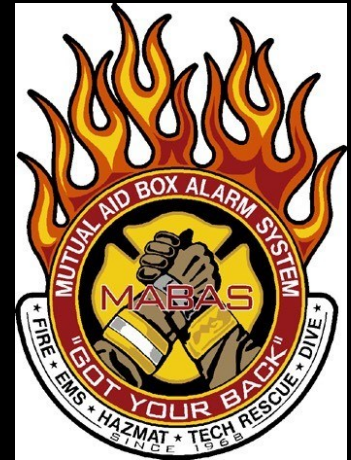
**THERE ARE A FEW WAYS TO CONTACT US:**

- 1. Call (815) 414-6334**
- 2. Contact a PEER Support Member directly**
- 3. Contact your Officer in charge**
- 4. Contact your dispatch center**

**MABAS43PEERSUPPORT.ORG**

**WWW.FACEBOOK.COM/MABAS43PEERSUPPORT**

**815-414-6334 For Assistance**



**DEPRESSION**

**GRIEF**

**CRISIS INTERVENTION**

**ALCOHOL ABUSE**

**DRUG ABUSE**

**SUICIDE**

**RESILIENCY**

**SLEEP DEPRIVATION**

**GAMBLING ADDICTION**

**SELF HARM**