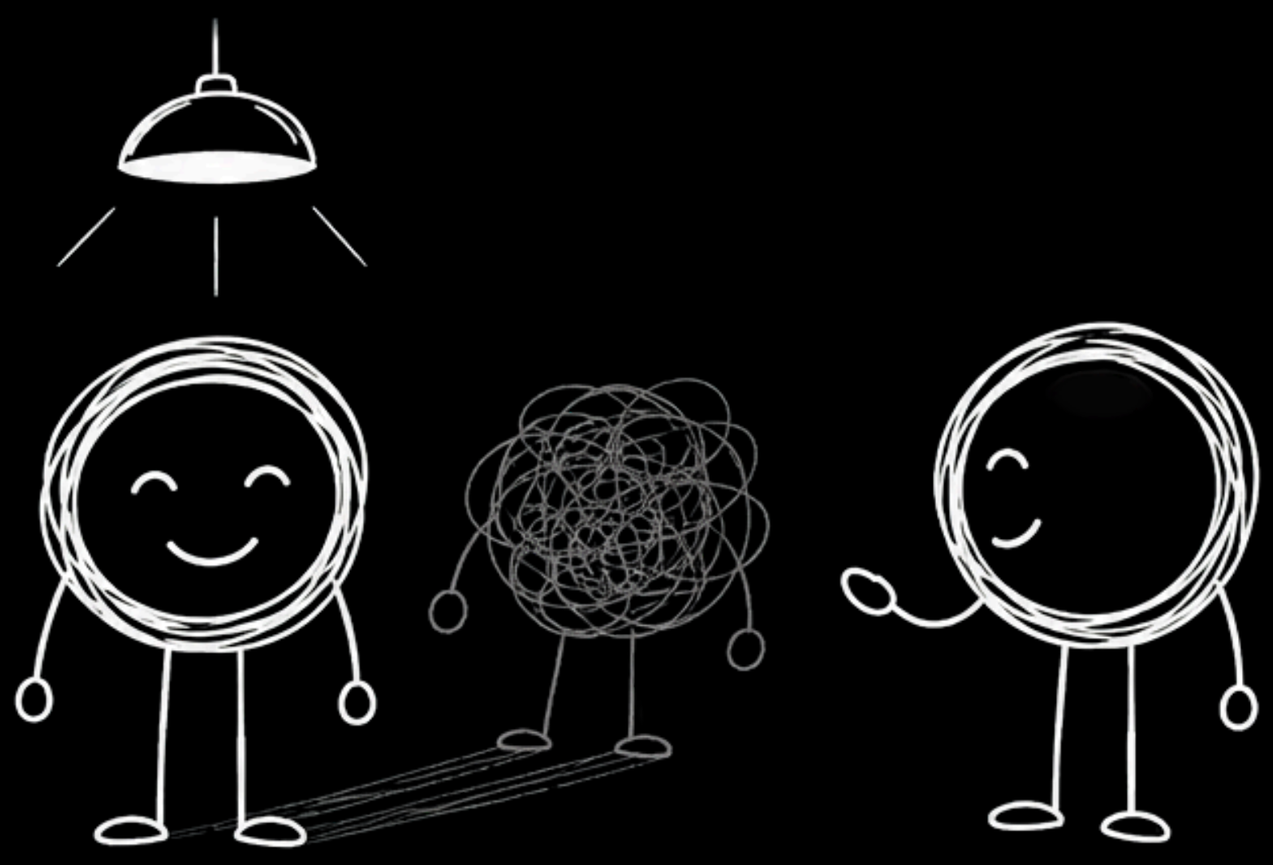
Silence
Between Sirens

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 and poor mental health while working in the job.

Source: Mind, 2016

Support, before breaking point.
Samaritans - call 116 123
Bluelight - text BLUELIGHT to 85258
Emergency - call 999
silencebetweensirens.com

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