A logo for a charity

Description automatically generated**About Fire Fighters Charity – FRS AUDIENCE**

**Providing life-long care and support for the UK’s fire family.**

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You dedicate your life to protecting and helping others. Fire Fighters Charity is here to help YOU. Whether you're a wholetime or on-call firefighter, control officer, part of a support team, retired fire and rescue staff, or a loved one – the charity provides clinical care, wellbeing support, practical help, and timely information and advice - so you never have to face physical, emotional or social challenges alone.

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Every day, whether on the frontline or working tirelessly behind the scenes, you play(ed) a critical role in helping others. But when you need care and support with the unique challenges that working in UK fire services brings – Fire Fighters Charity is here for you.

The charity provides clinical care – both face-to-face and digitally – as well as wellbeing support, practical help and timely information and advice tailored to your unique needs. Working in the fire community comes with unique challenges, and you don’t have to face them alone. Whatever you're dealing with, the charity is here to help, in confidence and without judgment.

**How Fire Fighters Charity can help**

No one knows the pressures of working in the fire service better than you do, no matter your role. Whether it’s long shifts, the many risks that come with frontline work, the physical and emotional toll of traumatic incidents or caring for those close to you - it’s a lot.

Fire Fighters Charity is here to help keep you fit and well so you can keep doing the job you love. Whether you're trying to adapt to an injury, condition or illness, feeling the weight of the job, transitioning to retirement, or struggling with other personal challenges, it’s got your back.

If you need someone to talk to or a place to turn, the charity is here to listen and help.

**Why it needs support**

Every day you face physical and emotional challenges, whether on the frontline or behind the scenes. You dedicate yourself to the health and safety of others, which can put your own wellbeing on the line. But when you need support - whether it’s after an injury, a stressful call, or as you transition out of the service - you don’t have to face it alone.

Fire Fighters Charity is here to ensure that every firefighter, control officer, staff member, and their families can access the timely care and support they need. It is committed to helping you stay strong, healthy, and resilient, during your service and long after. But it can’t do it without your support. The charity needs you to help it continue to be a lifeline and make sure no one in the fire family is left behind.

By supporting Fire Fighters Charity, whether through making a donation, by fundraising, or spreading the word, you can make sure that the same care and support is there for everyone in the fire family. Together, we can look after each other and help everyone in the fire family live well.

**Getting in touch and further information**

To find out more about any of the care, support and advice the charity can provide independently, confidentially and free of judgment, you can call the charity’s Support Line on 0800 3898820, or visit the website: [www.firefighterscharity.org.uk](http://www.firefighterscharity.org.uk) to find out more.