



HELP FOR THE FIRST RESPONDERS

"Stress may be inherent in any line of work. A bad boss. Toxic environment. Deadlines. It can take a toll. Everyday life hasn't even been considered yet. Add it up and it may become all consuming.

We all must deal with stress, however; first responders see and deal with matters which most will never know. Danger, chaos, tragedy and death. Often times on a daily basis.

It takes a toll. Mental, emotional and physical health are at risk. It may lead to overload or even shut down. We become first responders."

To read Dan's article, "Help for the First Desponders," please click [here](#).



Dan Collins serves as Vice President of the IPPFA and President of the Heroes Family Fund (formerly The Remembrance Fund). Dan is a Lieutenant with the Skokie Fire Department and a 19 year local pension board trustee currently serving as President.

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