



FLIGHT CREW ASSISTANCE & SUPPORT TEAM

HAVE YOU EXPERIENCED A STRESSFUL EVENT? YOU ARE NOT ALONE

TAKE CARE OF YOURSELF

- Know your support system & **don't be afraid** to use it
- **Be realistic** with your needs & talk about what bothers you
- Use **positive coping techniques** (talking, writing, physical activity, remaining engaged with friends/coworkers)
- **Recognize** negative coping (withdrawal from usual activities, excessive drinking/drugs, sense of hopelessness, general anger or depression)
- **Don't be afraid to seek professional help**

COMMON SIGNS OF COPING DIFFICULTIES

- Headaches, rapid breathing, difficulty sleeping, or fatigue
- Excessive drinking, drugs, volatile moods, compulsivity, risk-taking behaviors, or withdrawal
- A general feeling of panic, fear, or anger
- Guilt, preoccupation with event, difficulty with decision making or memory
- General abandonment feeling, loss of belief or purpose, or general depression



FAST is the **only** deployable Peer Support Team available to ALL of Public Safety Aviation.

FAST offers boots-on-the-ground support to programs, crews, and families after major incidents/events.

24/7 PEER SUPPORT HOTLINE
CALL OR TEXT

1-833-AIR-FAST

Email
fast@echoflightcrew.org

Visit Our Website
www.echoflightcrew.org/fast

All assistance is **confidential** & provided at zero cost