



Are they Triple OK? Talent Quotes NSW

"It was quite far down the road that then I did realise that something was not quite right. The people that you lean on need to be in your bubble, who will understand that you need some time out."

Janice Hicks – Paramedic, NSW Ambulance

"With the start of a conversation, like just a simple "are you ok?" or "let's talk?", it will give someone the upliftment of telling you their stories."

Julius Labay – Volunteer, NSW State Emergency Service

"Talking about it, you're able to see someone else's opinion and they can kind of give you ways to help you through it. There's always someone that you can talk to, even just a work colleague, someone in the RFS, even a family or friend, someone is going to be there for you no matter what."

Sammy Bassnett – Volunteer Firefighter, NSW Rural Fire Service