

'PTSD' – YOU'RE NOT ALONE

A Firefighter with PTSD fell in a hole and couldn't get out.

A Station Officer went by and the Firefighter with PTSD called out for help. The Station Officer told the officer that firefighting is a tough job and he needed to suck it up. "Dig deep and drive on" said the Station Officer, and then he threw him a shovel. But the Firefighter with PTSD couldn't suck it up, he couldn't drive on, so he dug the hole deeper.

A while later, a Super Intendent went by and the Firefighter with PTSD called out for help. The Super Intendent told him to use the tools that the Station Officer had given him and he threw him a bucket. But the Firefighter with PTSD was already using the tools that the Station Officer had given him, so he dug the hole deeper and filled the bucket.

A psychiatrist walked by. The Firefighter yelled out, "Help! I can't get out!" The psychiatrist gave him some drugs and said, "Take this, it will relieve the pain." The Firefighter said thanks, but when the pills ran out he was still in the hole.

Then a well-known psychologist rode past and heard the Firefighter crying out for help. She stopped and asked, "How did you get there? Were you born there? Did your parents put you there? Tell me about yourself, it will alleviate your sense of loneliness." So the Firefighter talked to her for an hour, then the psychologist had to leave but said she'd be back next week. The Firefighter thanked her, but he was still in the hole.

A priest came by. The Firefighter called out for help. The priest gave him a Bible and said, "I'll say a prayer for you." He got down on his knees and prayed for the Firefighter and then he left. The Firefighter was very grateful, he read the Bible, but he was still stuck in the hole.

A Firefighter recovering from PTSD happened to pass by. The Firefighter in the hole cried out, "Hey, help me. I'm stuck in this hole." Straight away the recovering Firefighter with PTSD jumped down in the hole with him. The Firefighter stuck in the hole said, "What are you doing? Now we're both stuck in here!!" But the recovering Firefighter said, "Calm down. It's okay. I've been here before and I know how to get out."

Source: Blue Hope Facebook page (job titles have been changed)

