

# 'PTSD' – YOU'RE NOT ALONE

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

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

*A while later, a senior manager went by and the Paramedic with PTSD called out for help. The senior manager told him to use the tools that the Officer in Charge had given him and he threw him a bucket. But the Paramedic with PTSD was already using the tools that the Officer in Charge had given him, so he dug the hole deeper and filled the bucket.*

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

*Then a well-known psychologist rode past and heard the Paramedic 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 Paramedic talked to her for an hour, then the psychologist had to leave but said she'd be back next week. The Paramedic thanked her, but he was still in the hole.*

*A priest came by. The Paramedic 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 Paramedic and then he left. The Paramedic was very grateful, he read the Bible, but he was still stuck in the hole.*

*A Paramedic recovering from PTSD happened to pass by. The Paramedic in the hole cried out, "Hey, help me. I'm stuck in this hole." Straight away the recovering Paramedic with PTSD jumped down in the hole with him. The Paramedic stuck in the hole said, "What are you doing? Now we're both stuck in here!!" But the recovering Paramedic 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 altered).

