

FIGHTING THE FIRE

Film Review

**CHRISTOPHER CAMPBELL, *Firefighter/EMT (Retired)*
North Oldham FD & Oldham County EMS, KY**

After watching Fighting the Fire, I found myself strongly relating to the content. After spending 23 years in both Fire and EMS, I recognized myself in some aspects of this film. Continuously processing what you see day to day, week to week, can truly take its toll. Additionally, your family at home and your family at work, suffer along with you.

I come from an age when there was very little support to help responders deal with stress and how to cope with the mental trauma one experiences while serving their community on the front line. This film is one of the best ways I have seen in bring this issue to light, by allowing viewers the ability to relate to the film's main character.

Mental health issues are of major importance to all first responders. In reality, reaching out for help makes you more of a hero than just "sucking it up," thus punishing yourself and those who love you. This is why priorities are shifting to better supporting the overall well-being of our brothers and sisters. Just as in the field, we have to focus on having each other's six.

I hope Fighting the Fire becomes a mandatory training video for all responders, along with a truly focused support network. God bless the filmmakers for taking on this difficult issue and bring it into the light.