Further signposting:

**Firefighters**

<https://www.firefighterscharity.org.uk/>

https://www.youtube.com/watch?v=Vs2qJp10lN0

**Emergency workers:**

[**https://bluelighttogether.org.uk/**](https://bluelighttogether.org.uk/)

**https://fasttraumasupport.org.uk/**

**Veteran family support:**

[**https://theripplepond.org/**](https://theripplepond.org/)

**You're not in the Forces Now (2001) - Nic Fothergill (there are several of these)**

<https://www.youtube.com/watch?v=ZK2CeULAJuE>