

Top five (5) Behavioral Health Issues/Suicide Signs affecting Firefighters and EMS Professionals

Isolation- Becoming distant from the company around the firehouse. Does NOT actively participate with the crew anymore.

Loss of Confidence- States they have loss of confidence in their ability to perform their skills as a Firefighter or Paramedic/EMT.

Sleep Deprivation- Difficulties sleeping at the station or on off days. Loss of sleep can be an early sign of anxiety and stress as well.

Anger- Suppressed anger can be a dangerous sign. Displacement can take place where the firefighter takes out their anger at home instead of dealing with the issue at the firehouse.

Impulsive- Purchasing guns when they have always been against guns, riding a motorcycle recklessly, charging into a burning building against policy or procedure.

Assist your Brothers and Sisters

Be proactive, be direct- We do this when responding to emergencies. We need to approach our own when they appear to need help in the same way.

Direct questions- Remember these two questions. If a Firefighter comes to you with suicidal thoughts ask:

1- Do you feel like killing yourself now?

2- Do you have a plan?

A “yes” to any one of these questions means you need to seek medical help immediately.

DO NOT LEAVE THIS PERSON ALONE

Compassion- Our culture has a tradition of not asking for help. Show compassion, stay in the moment when talking to them.

Discretionary time- If a firefighter comes to you with a problem that you don't understand, then use discretionary time. Simply state that you need to do research to gain information to help them.

Walk the walk- If your brother or sister is in need, stand by their side to help them through their issues.

“Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your request be made known to God”.

Philippians 4:6 NASB

“The LORD is near to the brokenhearted and saves those who are crushed in spirit”

Psalms 34:18

National Suicide Prevention Lifeline	800 273-TALK (8255)
National Volunteer Fire Council	888 731-FIRE (3473)
Suicide Attempt Survivors Support	424 362-2901
Suicide Loss Survivors Support	424 362-2912

BIBLE - PRAYER - CHURCH - WORSHIP