

Firefighter Mental Illness/Suicide

Firefighter Health & First Aid

Risk Factors

- Sleep deprivation
- Heavy alcohol or drug use
- Witnessing traumatic event(s)
- Major physical illness or injury
- Loss of a close relationship
- Isolation or lack of social support (*e.g. off-season, retirement*)
- Knowing others who have died by suicide

Warning Signs

- Sudden withdrawal from social contact
- Persistent feeling of hopelessness
- Increasingly reckless behavior
- Mood swings/Change in behavior
- Having a suicide plan (time, place, method)

Resources

Everyone Goes Home National Fallen Firefighters Foundation

Online Behavioral Health Program International Association of Fire Fighters

Firefighter Behavioral Health Alliance Tracks firefighter suicides and offers prevention workshops.

<http://www.suicidepreventionlifeline.org/> National Suicide Prevention Lifeline

Call: Suicide Hotline 1-800-273-TALK (8255) 24/7

Confidential, Toll-free, 24/7 Phone Number
Treatment Counselors are always on hand to assist you.

Call Now 1.888.731.FIRE (3473)

Serving Firefighter's Recovery Needs

Assistance with issues including, but not limited to the following:

- Alcohol & Drug Abuse
- Relationship Problems
- Anxiety and/or Depression
- Psychological Problems
- Critical Incidents
- Legal Problems
- Work-related Concerns
- Stress
- Financial Management Difficulties