

# BEING A FIRST RESPONDER MAY AFFECT YOUR MENTAL HEALTH

## RESEARCH IN ARKANSAS SHOWED

26% of first responders met criteria for Post Traumatic Stress Disorder (PTSD)

## BUT IT'S NOT JUST PTSD

14% for Depression

28% for Anxiety

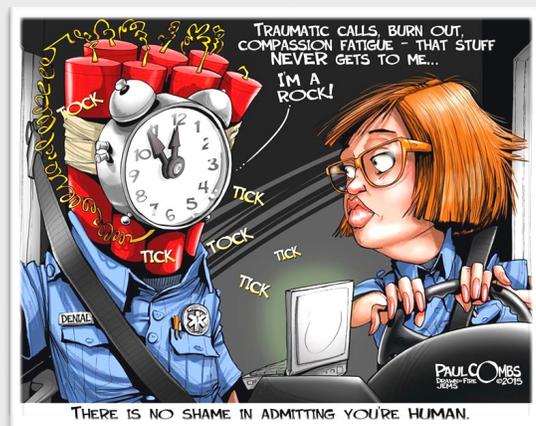
93% for Sleep Disturbances

20% for Hazardous Drinking

11% for Alcohol Dependence

34% at High-Risk for Suicidality

Jones, S., Nagel, C., McSweeney, J., & Curran, G. (2018). Prevalence and Correlates of Psychiatric Symptoms among First Responders in a Rural State. Archives of Psychiatric Nursing. doi: 10.1016/j.apnu.2018.06.007



If you are actively feeling suicidal, please call 911 or the Suicide Prevention Lifeline at: 1-800-273-8255. A list of currently available mental health services in your region is also available at all LRFD Stations.

“What I found was, the way it works for me is I always kept it bottled up inside of me. I always just kept it inside... I prided myself on being able to make the bad runs and then come back and sit down and eat and it not even effect me... I used to think that PTSD was complete and udder bullshit... No, when you’re standing on the other side of the fence from the field and you see it from the opposite side. No. It ain’t. It’s real and it affects you more than you’ll ever know.”

- Arkansas First Responder

**The risk for suicide in firefighters was found to be 25 TIMES GREATER than in general populations.**

Chicago Fire Department Suicide Study, 2015

## MOST FIRST RESPONDERS DO NOT REPORT OR SEEK HELP FOR MENTAL HEALTH PROBLEMS.

### We want to help.

One’s own mental health is, by nature, a personal and private topic of conversation. Our goal is to provide education to better equip you to understand mental health as it pertains to the fire service. We respect your privacy and uphold equal standards and limitations to that of mental health providers. All personal information and experiences shared with us throughout the course of our study will remain confidential. If we learn during the study that abuse has occurred or that you may hurt yourself or someone else, we are required by law to report it.