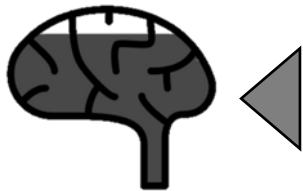


# PTS in First Responders

## Statistics & Warning Signs

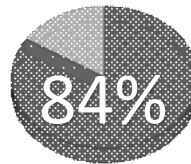
Post-Traumatic Stress (PTS) is caused by exposure to threatening or disturbing situations



85% of first responders have experienced symptoms related to mental health issues

### 13 Million

Adults have PTSD in any given year



Say they have experienced a traumatic event on the job

## WHAT TO LOOK FOR

70% of people experience PTS after a traumatic event



Witnessing a death or injury



Flashbacks of traumatic event



Avoiding places, activities and people that remind you of a traumatic event



Negative feelings about yourself or others



Self-destructive behavior, such as substance abuse



Irritability, anger or aggressive behavior

## SYMPTOMS

Guilt

Anger

Violence

Insomnia

Irritability

Loneliness

Substance Use

Bad Memory

Numbness

Flashbacks

Nightmares

Poor Focus

Headaches

Dizziness

Agitation

## TAKE ACTION



- Talk to a friend, family member, colleague or professional care provider
- Use your EAP
- Contact the National Suicide Prevention Life-line: **1.800.273.8255**