Suicide

Facts & warning signs for first responders

10th leading cause of death in the U.S.
More first responders die by suicide than are killed in the line of duty.

Average age of a 1st responder that died by suicide in 2019 was 37

RISK FACTORS

Alcohol or Substance Disorder
Work and non-work related trauma
Untreated depression
Easy access to lethal means
Talking about Death or Suicide

WARNING SIGNS

Feeling of hopelessness
Feeling like a burden
Feelings of inescapable pain
Withdrawn or isolated
Aggressive behavior

RESOURCES

Counseling
Peer support
EAP
Crisis hotline

WHO CAN HELP?

National Suicide Prevention Lifeline: 1-800-273-8255
Code Green Campaign: codegreencampaign.org/resources

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