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

70% of people experience PTS after a traumatic event

WHAT TO LOOK FOR

- 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 Lifeline: 1.800.273.8255