



SIZE UP THE SCENE

PREVENTING FIRST RESPONDER SUICIDE

More law enforcement officers and firefighters have died by suicide as compared to other line-of-duty related deaths and it is believed that the number of public safety personnel who take their own lives is underreported, making the actual numbers even higher. First Responders witness tragedy everyday and over time the emotional toll may lead to behavioral health conditions such as anxiety, depression, and post-traumatic stress disorder. In severe cases of untreated mental health, first responders may consider suicide.

If you are struggling with thoughts of suicide, it's okay to seek help, which is a sign of strength, not weakness. Many people with similar struggles have been able to find hope, be resilient, and demonstrate that recovery is possible.

THE FOLLOWING BEHAVIORS MAY BE SIGNS THAT YOU OR SOMEONE YOU KNOW IS CONSIDERING SUICIDE:

- Talking about feeling trapped or wanting to die
- Expressing feelings of hopelessness
- Feeling like there is no reason to live
- Worrying about being a burden to others
- Increasing drug and alcohol use
- Partaking in reckless behavior
- Sleeping too much or too little
- Withdrawing or isolating from others
- Displaying extreme mood swings

ONE SMALL ACT CAN MAKE A DIFFERENCE

*Investing in mental health and safety is critical to building solid workplaces, a strong workforce, and strong communities.
For resources on starting your department peer support team or to receive QPR training email: firstresponderps@gmail.com.*



Chat/additional resource 988lifeline.org

- Free, confidential, and available to everyone.
- Support for veterans and first responder.



**TRI-STATE
PEER SUPPORT TEAM**



Recognize Risk Factors

Characteristics or situations that put someone at an increased risk for suicide:

- Exposure to violence and trauma
- Family or personal history of suicide
- Depression, anxiety or other mental illness
- Dramatic mood changes
- Substance abuse
- Domestic abuse
- Significant negative personal or professional life change
- Access to weapons
- Limited social support

Red Flags

Behaviors that indicate someone may be at risk for suicide:

- Statements or threats to harm/kill themselves
- Talking, writing, or drawing about wanting to die
- Looking to secure a means to complete suicide
- Dramatic mood changes
- Feelings of worthlessness
- Inability to sleep or sleeping all the time
- Uncontrolled anger or aggression
- Withdrawing from family, friends, or activities
- Giving away personal possessions

YOUR ACTIONS CAN SAVE A LIFE



- Ask if they are thinking about suicide.
- Listen and take their answers seriously.
- Asking if someone is considering suicide does not make them more likely to follow through with it.
- Assess and keep them safe.
- If it's an emergency, get professional help immediately.
- Respectfully remove any access to lethal means.
- Stay with them. If it's an emergency, do not leave them alone.
- Call or text the 988 Suicide Crisis Lifeline.
- Help them find professional support.
- Check-In. Once they have support, follow up with them to find out how they're doing.

**Source: <https://www.bethe1to.com/>*

988 SUICIDE & CRISIS
LIFELINE

Chat/additional resource 988lifeline.org

- Free, confidential, and available to everyone.
- Support for veterans and first responder.