

Out of The Darkness Back Into the Light

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Cary Communications (Retired)



IF ONLY YOU COULD DISPATCHER POEM

IF YOUR EYES COULD SEE WHAT MY EARS HAVE HEARD,
YOU WOULD WEEP LIKE ME.

IF YOUR EYES COULD SEE WHAT MY EARS HAVE HEARD,
YOU WOULD SPEND COUNTLESS HOURS IN YOUR BED
STARRING AT THE CEILING.

IF YOUR EYES COULD SEE WHAT MY EARS HAVE HEARD,
THEN YOU WOULD CRY FOR THE WOMAN WHO IS LOSING
HER HUSBAND OF DECADES.

IF YOUR EYES COULD SEE WHAT MY EARS HAVE HEARD,
YOU WOULD KNOW THAT GUNFIRE IS ALWAYS NEAR.

IF YOUR EYES COULD SEE WHAT MY EARS HAVE HEARD,
THAT HOUSE FIRE WOULD NOT BE SO SPECTACULAR.

IF YOUR EYES COULD SEE WHAT MY EARS HAVE HEARD
THE LOST CHILD WOULD BE LIKE ONE OF YOUR OWN.

IF YOUR EYES COULD SEE WHAT MY EARS HAVE HEARD
THAT TRAFFIC STOP WOULD NOT BE SO ROUTINE.

IF YOUR EYES COULD SEE WHAT MY EARS HAVE HEARD
YOU WOULD UNDERSTAND.

AUTHOR UNKNOWN

- 17-24% OF TELECOMMUNICATORS REPORTED SYMPTOMS CONSISTENT WITH PTSD.
 - 24% REPORTED SYMPTOMS CONSISTENT WITH MAJOR DEPRESSION.
 - 16% SUFFERED FROM COMPASSION FATIGUE –A COMBINATION OF PTSD AND BURNOUT.
 - THOSE IN PUBLIC SAFETY HAVE A 20% HIGHER RATE OF SUICIDE COMPARED TO THE GENERAL PUBLIC.
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What is PTSD?

- PTSD ALSO KNOWN AS POST TRAUMATIC STRESS DISORDER IS A MENTAL HEALTH CONDITION THAT'S TRIGGERED BY A TERRIFYING EVENT — EITHER EXPERIENCING IT OR WITNESSING IT.
- YOU CAN NOT SELF DIAGNOSE PTSD. IT MUST BE DONE BY A PSYCHIATRIST OR PSYCHOLOGIST AND MUST HAVE EXPERIENCED THE SYMPTOMS FOR AT LEAST 1 MONTH.

Recognizing Signs and Symptoms

- Sick days
- Behavior/Hygiene Changes
- Smell of Alcohol/Drugs
- Home to work. Work to home.
- Lack of Focus
- Testing Fate
- Dark Humor
- Isolation
- Loss of Interest in Activities



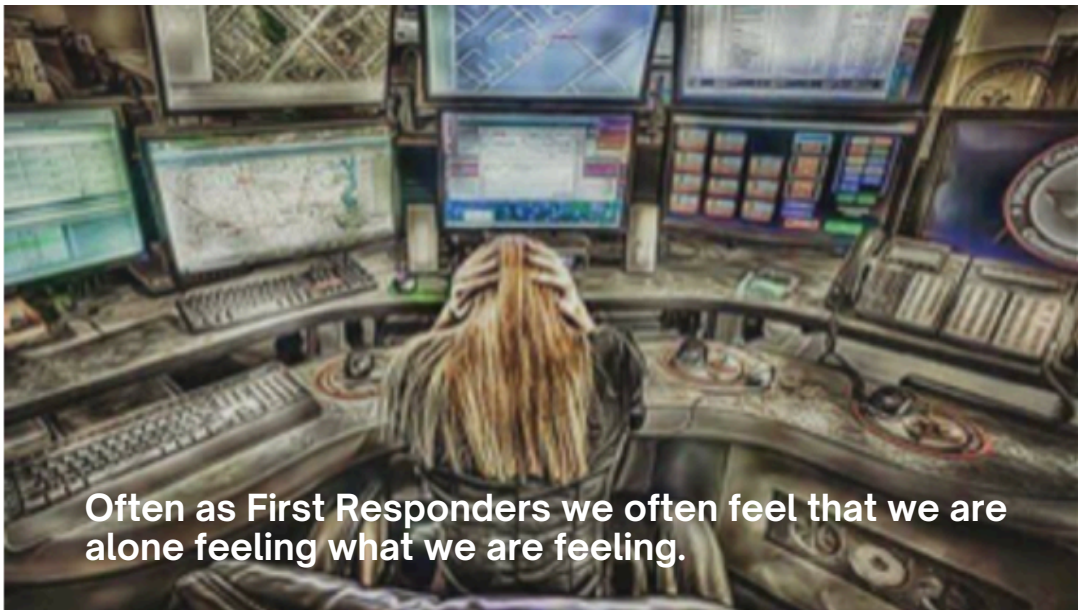
My Story



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**“IN DARKNESS, WE FIND
STRENGTH; IN LIGHT, WE
DISCOVER HOPE AND
RESILIENCE.”**

Anonymous



**Often as First Responders we often feel that we are
alone feeling what we are feeling.**



Magic Chair/Bed



Treatment

- Therapy- Individual/Group
- EMDR
- Medications

Today



Video unavailable

[Watch on YouTube](#)





Thank you!

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