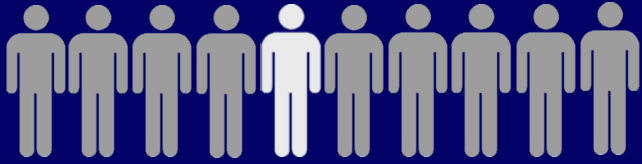


DEPRESSION

IN FIRST RESPONDERS



AFFECTS OVER 18 MILLION
(1 IN 10) ADULTS IN ANY
GIVEN YEAR

1 IN 10

WILL TAKE TIME OFF WORK DUE
TO DEPRESSION

**25% OF FIRST
RESPONDERS
EXPERIENCE
DEPRESSION**

DEPRESSION SYMPTOMS



INSOMNIA OR
SLEEPING TOO
MUCH



CHRONIC MOOD
CHANGES



FREQUENT
CRYING



APATHY



THOUGHTS OF
DEATH OR SUICIDE



POOR
MEMORY

WHAT HELP IS AVAILABLE?

MEDICATION



EXERCISE



COUNSELING



CALL FOR HELP



Call National Suicide Prevention Lifeline

1.800.273.8255