

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Withdrawn or isolated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