



## Did you know...

Fire and EMS professionals experience a higher risk of depression, anxiety and stress than the general population.

- **51%** of first responders report participating in pre-trauma mental health training
- **80%** of firefighters report being exposed to a traumatic event
- **90+%** of police and EMTs report exposure to trauma
- **49%** of first responders were offered "Psychological First Aid" after traumatic events
- **85%** of first responders experienced symptoms related to mental health issues



**THE CODE GREEN  
CAMPAIGN**

*We call code strokes, code STEMI's, and code traumas. It is time we called a code alert on our mental health.*

## Statewide (NY)

According to the Firefighter Behavioral Health Alliance, there were 24 confirmed deaths by suicide of first responders from 2015-2017.

**If you or someone you know is having thoughts of suicide, call:**

- **Contact Hotline:** (315) 251-0600
- **National Suicide Prevention Lifeline:** (800) 273-TALK (8255)
- **Crisis Text Line:** A service that allows people in crisis to speak with a trained crisis counselor by texting.

## Resources

**Safe Call Now: 1-206-459-3020**

A 24/7 helpline staffed by first responders for first responders and their family members that assists with treatment options for responders who are living with mental health issues.

**Fire/EMS Helpline: 1-888-731-3473**

Run by the National Volunteer Fire Council & provides resources for First Responders.

**Copline: 1-800-267-5463**

A confidential helpline for members of US law enforcement. Their website also has additional information on help and resources. [www.copline.org](http://www.copline.org)

**Frontline Helpline: 1-866-676-7500**

A 24/7 helpline run by Frontline Response Services and staffed by first responders.

# Onondaga County Suicide Prevention Coalition



## FIRST RESPONDERS

The Onondaga County Suicide Prevention Coalition links our community around suicide prevention to reduce stigma, promote help-seeking and save lives.

[www.OnondagaSuicidePrevention.com](http://www.OnondagaSuicidePrevention.com)



## Warning Signs

**Recklessness/Impulsiveness** – Riding a motorcycle recklessly or going into a burning building against policy

**Anger** – Explosive anger over something minor or taking out their anger on someone other than the source

**Isolation** – Becoming distant from people around them. Showing no interest in keeping up with daily activities.

**Loss of Confidence** – When struggling with emotional or personal issues, it can make a seasoned first responder lose confidence in their abilities.



## What can I do?

### Ask them.

Ask the at-risk person if they are having thoughts of suicide. Acknowledging and talking about suicide reduces rather than increases suicidal thoughts.

### Keep them safe.

Determine if the at-risk person has suicide intent with a specific plan. Removing, disabling or restricting the lethal means (i.e. firearms, medications, etc.) can make a difference.

### Help them connect.

Help make a connection with a trusted individual such as a family member, friend, spiritual advisor or mental health professional.

### Stay connected.

Staying in touch after a crisis or after being discharged from care can make a difference. Studies have shown that suicide risk decreases when someone follows up with the at-risk person.

## Training & Education

The **Code Green Campaign** is a first responder oriented mental health advocacy and education organization. Training for all types of first responders including firefighters, EMTs, paramedics, dispatchers, police, corrections, air medical and search & rescue. Visit: [www.codegreencampaign.org](http://www.codegreencampaign.org)

**Applied Suicide Intervention Skills Training (ASIST)** is a 2-day interactive training that teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan for their immediate safety.

**Mental Health First Aid for Fire/EMS** is an 8-hour course enabling fire and EMS personnel to appropriately respond to mental health addiction crises.

**QPR** is a 1-hour training that teaches community members how to recognize suicide warning signs. **Question** a person about their distress and thoughts of suicide, **persuade** them to get help, and **refer** them to a mental health provider or other professional.

**safeTalk** is a 3-hour alertness training that prepares anyone over the age of 15 to become a suicide-alert helper.

**Talk Saves Lives** is a 1-hour training where participants learn the risks, warning signs and complexities of suicide and how to help prevent it.