



2025 FIREFIGHTER SAFETY STAND DOWN



EDUCATE

Educate all levels of the organization, including family members, on the signs and symptoms that indicate someone is struggling with a behavioral health issue. Learn how to talk to someone in need and find out what resources are available.

Signs of behavioral health issues include:

- Increased irritability or anger
- Hypervigilance
- Changes in sleep
- Reckless or impulsive behavior
- Loss of confidence
- Increased substance use or abuse
- Social withdrawal or isolation
- Suicidal thoughts or ideation
- Physical symptoms like frequent headaches and gastrointestinal problems

When talking to a responder in need:

- Show compassion, not judgement.
- Know your department's resources and policies.
- Walk the walk – be part of the recovery or treatment process.
- If suicide is a concern, be proactive. Ask direct questions like, "Do you feel like killing yourself?" and "Do you have a plan?"



www.SafetyStandDown.org