



2025 FIREFIGHTER SAFETY STAND DOWN



RECOGNIZE

Recognize that firefighters, EMS providers, and other emergency personnel have a mentally demanding job. Everyone is different and will not respond the same way to the same situation. The exposure to traumatic events, cumulative stress, sleep disruption, and other factors put responders at increased risk of behavioral health issues, including:

- Anxiety
- Depression
- Burnout
- Post-traumatic stress disorder
- Acute stress
- Substance misuse
- Relationship challenges
- Suicidal thoughts

Behavioral health issues can negatively affect the responder's family life and may impact job performance, leading to decreased concentration and increased risk-taking behavior.

The Firefighter Behavioral Health Alliance has confirmed approximately 2,200 firefighter and EMS suicides since the year 2000. Taking these recommended steps is imperative to first responder safety:

- **RECOGNIZE** the risks and issues responders may face.
- **EDUCATE** yourself on the signs and symptoms of distress.
- **STRATEGIES** need to be developed to address behavioral health needs.
- **EMPOWER** yourself and your crew to get help if needed.
- **TRAINING** should be offered at all levels of the organization about behavioral health on a continual basis.

