

Is Stress KILLING You?

Functional Hero
to You



THE SILENT KILLER...

Burnout and physical pain aren't the only threats to our careers as first responders. Among us, there is a silent, far more deadly enemy.

[PTSD affects 8% of first responders.](#) That might seem like a low number, but when you account for the 2 million first responders in the United States alone, you've got...

160,000 People

The overwhelming odds are that a firefighter, EMT, or police officer that you know is quietly battling PTSD. Because of the stigma that taking care of our mental health is "weak" or "unmanly" [a lot of guys just don't.](#)

Can stress kill you? No. But the effects of it definitely can. The leading effect of unresolved PTSD is addiction.

A report on the link between first responders and PTSD had several firefighters admitting to drinking over 40 times in a week. **This isn't stress;** this is stress that has spiraled into **addiction.**

The end result? Unfortunately, refusal to talk about mental anguish or trauma often results in death by suicide. This is so frequent that, according to the National Fallen Firefighters Foundation, **firefighters are [3x more likely to die by suicide than in the line of duty.](#)**

What do we do? A culture of mental health is [slowly being fostered among first responders,](#) but we need to speed the process up to save as many people as we can.

Talk to your department about their process for helping first responders with PTSD. If they don't have one, commit to helping create a policy. **You can be the difference that saves the life of a first responder.**

WHAT FH MEMBERS ARE SAYING

"Excellent programming for current and future first responders. Definitely worth the investment if you are looking to stay healthy and have a long career."

- HUNTER R.