

Firefighter/EMS Behavioral Health – The Price We Pay Resource List

Thank you for attending our **Firefighter/EMS Behavioral Health Presentation**.

Here is a list of resources discussed in the class for you to reference when one of your own is struggling with the effects from emotional trauma.

Please share this list with all leaders of your Fire or EMS organizations.

If you or a fellow firefighter feel suicidal or need help now for any reason, contact:

National Suicide Prevention Lifeline – 1-800-273-8255

Share The Load Fire/EMS Helpline – 1-888-731-FIRE (3473)

Safe Call Now – 206-459-3020

Crisis Text Line just text the word BADGE to 741741 to get help

National Volunteer Fire Council: www.nvfc.org

NVFC - Directory of Behavioral Health Professionals: www.nvfc.org/phfd/

Firefighter Behavioral Health Alliance: www.ffbha.org

NFFF Fire Service Behavioral Health Management Guide:

<http://www.everyonegoeshome.com/wp-content/uploads/sites/2/2017/12/behavioral-health-mgmt-guide-122017.pdf>

IAFC - VCOS Yellow Ribbon Report - Under the Helmet: Performing an Internal Size-Up, A Proactive Approach to Ensuring Mental Wellness

www.vcos.org

New York State Association of Fire Chiefs Resource Page: www.nysfirechiefs.com

Code Green EMS Campaign Resource Page: www.codegreencampaign.org

International Association of Firefighters Behavioral Health Program:

www.iaff.org/behavioralhealth/

Psychology Today Website Search for Therapists: www.psychologytoday.com

ONTHEJOBANDOFF online training class by Ali Rothrock (*Approximately \$50 but worth it*)

www.onthejobandoff.com

Responder Help Website: www.responderhelp.com

Heroes Health Initiative App: <https://heroeshealth.unc.edu/>

Below is a self-screening from the **Firefighter Behavioral Health Alliance** for firefighters/EMT. Please circle either Y=YES or N=NO. When you have completed screening please review your score at the end of the screening.

- 1) Are you feeling like a burden to your family, friends or Fire Company or EMS organization? Y or N
- 2) Do you feel the world would be a better place without you in it? Y or N
- 3) Have you started to isolate yourself from others in the firehouse or EMS location? Y or N
- 4) Have you found yourself turning to alcohol or other addictive behaviors to make yourself feel better? Y or N
- 5) Have you or someone close to you noticed that your sleeping patterns have changed? Y or N
- 6) Are you thinking, "What's the use?" when going to the firehouse or responding on calls? Y or N
- 7) Do you find yourself thinking about or performing unnecessary risks while at a fire scene or on an emergency incident? Y or N
- 8) Have you found an increased or new interest in risky activities outside the firehouse/EMT organization such as: sky-diving, reckless motorcycle riding or purchasing guns? Y or N
- 9) Are you displaying unexplained angry emotions or have you been disciplined recently for anger towards other firefighters/EMT's? Officers? Or the public within the last few months? Y or N *(Any option will receive a circle of Yes)*
- 10) Have you been told that "you have changed" by: Friends? Family? Fellow coworkers? Y or N *(Any option will receive a circle of Yes)*
- 11) Does your family have a history of suicide? Y or N
- 12) Do you have a history of feeling depressed? Y or N
- 13) Do you have feelings of hopelessness? Y or N
- 14) Do you feel like killing yourself? Y or N
- 15) Have you created plans to kill yourself? Y or N
- 16) Have you recently attempted to kill yourself? Y or N

Scoring: Total the amount of (Yes) circled.

Score: _____

If you circled questions 14, 15 or 16; **SEEK HELP IMMEDIATELY** by dialing **911** or calling the **National Suicide Prevention Lifeline 1-800-273-8255** or calling the **Share The Load Program 1-888-731-3473**

Once you have reached one of the above, call a trusted family member, friend, chaplain or counselor.

Firefighter Behavioral Health Alliance (FBHA) recommends that if a person answers YES to at least three of these questions, it would be recommended that you contact a local Mental Health Care Professional that deals with firefighters/EMT's that suffer from suicidal ideations and depression. If you need assistance in finding a counselor in your area, contact FBHA for further information at 847-209-8208.