



First Responders

More law enforcement officers and firefighters have died by suicide as compared to other line-of-duty related deaths. Worse, it's believed that the number of public safety personnel who take their own lives is underreported, making the actual numbers even higher.

Risk Factors

- Alcohol and substance misuse
- Availability and familiarity of weapons, such as firearms
- Post-traumatic stress disorder (PTSD)
- Relationship problems due to difficult or erratic work schedules
- Social scrutiny and other misperceptions
- Stigma, including the fear of being seen as weak or unable to perform duties as expected

Warning Signs

- Existing mental health conditions, such as depression, anxiety, and PTSD related to service
- Self-injurious behaviors (e.g., self-cutting, increased alcohol use, misusing prescription medication, reckless driving, etc.)
- Withdrawing from social activities
- Giving away personal possessions

In Crisis?

988 SUICIDE & CRISIS
LIFELINE

If you are a first responder in crisis or concerned about a first responder you know, reach caring, trained responders 24 hours a day, 7 days a week, at the Suicide and Crisis Lifeline: 988.



Department of
Rehabilitation
& Correction

Suicide prevention resources may be better received if delivered by a fellow first responder or someone well-trained in first responder culture and experience.

Resources

LIFE SIDE OHIO

BY YOUR SIDE. UNITED FOR LIFE.

lifesideohio.org



Department of
Public Safety

publicsafety.ohio.gov



copline.org



frontlinefreedom.org



1sthelp.org

OHIO'S VOICE FOR SUICIDE PREVENTION



OSPF

Ohio Suicide Prevention Foundation
OhioSPF.org

Ohio Suicide Prevention Foundation

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