Why Suicide Is a Top Cause of Death for Police Officers and Firefighters

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Vox [1]

Police officers and firefighters are more likely to die by suicide than in the line of duty, according to research. Experts suggest that chronic workplace stress may place first responders at increased risk for suicide and mental health issues, such as post-traumatic stress disorder and substance abuse. Research has also found that female firefighters experience more workplace harassment than male peers, which may contribute to mental health issues. An advocacy organization called The Code Green Project offers culturally competent mental health resources for first responders. It also recently launched a storytelling project to encourage first responders to communicate openly about their struggles.

Spark Extra! Check out behavioral health resources for first responders [2].

Links within this resource