



FIRST RESPONDER

MEND THE LINE

MENTAL HEALTH AWARENESS

MISSION:

To provide mental health education, awareness, and advocacy to First Responders and their families.

WHAT WE DO:

- Provide free trainings to agencies/departments
- Conduct critical incident stress debriefings as requested
- Help link to mental health resources
- Developing a peer support team
- We are building funds that will allow us to help cover the cost of mental health care

WHY?

- ❑ PTSD affects 3.5% of Americans
- ❑ First responders are 5 times more likely to be affected simply due to their line of work
- ❑ 30% of first responders have experienced PTSD...
- ❑ 20% of those first responders who have PTSD have a substance abuse disorder

- Firefighters & police officers are more likely to die by suicide than in the line of duty
- Approximately 90% of police officers who commit suicide use a gun
- 6.6% attempt suicide vs. 0.5% National Average
- Over 131 thousand veteran suicides since 2001
- 2nd leading cause of death in veterans under age 45.

Suicide



“NEARLY 25
PERCENT OF
TODAY’S LAW
ENFORCEMENT
COMMUNITY HAS A
MILITARY
BACKGROUND.”
– US DEPARTMENT
OF JUSTICE, 2023

ACCORDING TO
THE US
DEPARTMENT OF
LABOR IN 20203,
10% OF EMERGENCY
MEDICAL
TECHNICIANS & 19%
OF FIREFIGHTERS
ARE VETERANS

FIRST RESPONDER SUICIDES 2017- 2023

Police	33%⁰ veterans
Firefighters	16 % veterans
EMS	37 % veterans
Dispatch	57 % veterans
Corrections	30 % veterans