

PTSD

Some Wounds
Aren't VISIBLE!

Responding to fires and
struggling to save lives can
come at a steep personal cost!

- Emergency Responders are more susceptible to **Post-Traumatic Stress Disorder** because of the nature of the profession, coupled with the personal demands and challenges firefighters and paramedics face.

- **PTSD** can develop after a person has experienced or witnessed a traumatic event involving physical harm or threat

- **Symptoms** can include: flashbacks, nightmares, avoidance, anger, insomnia & irritability. Extreme: severe depression & suicide



SEEKING HELP IS NOT
A SIGN OF WEAKNESS

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