“Most suicides are not about death...Paramedics do not want to die; they just want to end the incredible emotional pain and misery they feel.”

–Gary Ludwig
PREVENTING EMOTIONAL DISASTERS

Pulse Check 2017
Amy Eisenhauer
I will not be allowed to save lives...

If I ask for help to save mine
When do the heroes need HELP?

ONE in EIGHT Australians will suffer from PTSD during their lives.

ONE in FIVE emergency service workers will suffer from PTSD during their lives.

18.2
Firefighters

20
Police Officers

28.6
Paramedics

per 100,000 commit suicide in Australia.

Only 10 per 100,000 average Australians will do the same.

An estimated 17% of police suicides are misclassified due to stigma, insurance, and protection of the officer’s reputation.

Officers who commit suicide are also excluded from the National Police Memorial.
Agency consequences
WHAT CAN WE DO?

“Because of our taboos around suicide, we’re not sure what to say. And so, quite often, we say nothing.”

-John Schramm
Suicide Survivor
Communicate!
Codify mental wellness and prevention into agency culture.
“LEADERSHIP IS NOT ABOUT BEING IN CHARGE. LEADERSHIP IS ABOUT TAKING CARE OF THOSE IN YOUR CHARGE.”

-Simon Sinek
I have been impressed with the urgency of doing. Being willing is not enough; we must do.

Leonardo daVinci
Thank you!

Amy Eisenhauer

www.theEMSSiren.com
theEMSSiren@gmail.com
@theEMSSiren
The EMS Siren
Amy Eisenhauer
If you are thinking of suicide

**National Suicide Prevention Hotline**
(800) 273-TALK
(800) 273-8255

**National Hopeline Network**
(800) SUICIDE
(800) 784-2433

**Safecallnow.org**
(206) 459-3020