

According to one estimate, 30% of first responders develop behavioral health conditions as compared with 20% of the general population. A different study found that 44.5% of first responders screened positive for clinically significant symptom clusters consistent with one or more mental disorders as compared to a rate of 10% for the general population.

### **LAW ENFORCEMENT**

	<b>Law Enforcement</b>	<b>General Population</b>
<b>PTSI/PTSD</b>	35%	6.8% (in one's lifetime)
<b>Depression</b>	9.1% - 31%	7.1%
<b>Suicide rate</b>	15.3 / 100,000	13 / 100,000

### **FIREFIGHTERS**

	<b>Firefighters</b>	<b>General Population</b>
<b>PTSI/ PTSD</b>	14.6% - 22%	6.8% (in one's lifetime)
<b>Depression</b>	11%	7.1%
<b>Suicide rate</b>	18 / 100,000	13 / 100,000

### **EMERGENCY MEDICAL PERSONNEL**

	<b>Emergency Medical Personnel</b>	<b>General Population</b>
<b>PTSI/ PTSD</b>	22%	6.8% (in one's lifetime)
<b>Depression</b>	10%	7.1%
<b>Suicide rate</b>	5.2% of EMT deaths	2.2% of non-EMT deaths

### **ADDITIONAL INFORMATION**

- 69% of first responders experience a lack of sleep.
- 46% of first responders experience anxiety.
- Based on U.S. Census data 19 percent of police officers are veterans compared to 6 percent of the general population who have served.
- In one survey of police officers at small to midsize police departments the average number of critical incidents that have been witnessed by each officer was 188 critical incidents.<sup>1</sup>
- One study of firefighters found 58% reported binge drinking behavior and 14% reported hazardous drinking behavior.

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<sup>1</sup> Critical incidents include things like injury or death of a colleague, threats toward officers or their loved ones, seeing someone die, making a death notification, etc.