

MENTAL HEALTH SNAPSHOT

Firefighters



Over 50% of firefighter deaths are related to stress and exhaustion, with more dying from suicide than in the line of duty.



Female firefighters are more than twice as likely to develop a mental health disorder.



Stigma and reluctance to speak about or seek treatment for mental health struggles is significant in workplace culture.



Volunteer firefighters have higher rates of depression, PTSD and suicidal symptoms because they face greater barriers accessing mental health services, compared to career firefighters.

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