



Photography by Velasquez

**“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

132



# 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!





# Historical Programs







“ LEADERSHIP IS NOT ABOUT  
BEING IN CHARGE. LEADERSHIP  
IS ABOUT TAKING CARE OF THOSE  
IN YOUR CHARGE.

-Simon Sinek





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

-Leonardo daVinci

# Thank you!

Amy Eisenhauer

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The EMS Siren



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# 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**