



Firefighter's Suicide Screening

Below is a self-screening for suicide ideations for firefighters. Please circle either Y= Yes, or N=No. When you have completed screening please review your score at the end of the screening.

1. Are you feeling like a burden to your family, friends, or fire company? Y N
2. Do you feel the world would be a better place without you in it? Y N
3. Have you started to isolate yourself from others in the firehouse?
At home? Y N
4. Have you found yourself turning to alcohol or other addictive behaviors to make yourself feel better?
Y N
5. Have you or someone close to you notice that your sleeping patterns have changed? Y N
6. Are you thinking, "what is the use" when going to the fire house or responding on calls? Y N
7. Do you find yourself thinking about or performing unnecessary risks while at a fire scene or on an emergency incident? Y N
8. Have you found an increased or new interest in risky activities outside the firehouse such as: sky-diving, reckless motorcycle riding or purchasing guns? Y N
9. Are you displaying unexplained angry emotions or been disciplined recently for anger towards other firefighters? Officers? Or the Public within the last two months? Y N
(any option will receive a circle of Yes)
10. Have you been told that "you have changed" by: Friends? Family?
Fellow firefighters? Y N **(any option will receive a circle of Yes)**
11. Does your family have a history of a suicide? Y N
12. Do you have a history of feeling depressed? Y N
13. Do you have feelings of hopelessness? Y N
14. Do you feel like killing yourself? Y N
15. Have you created plans to kill yourself? Y N
16. Have you recently attempted to kill yourself? Y N

Scoring: Total the amount of (Yes) circled.

Score: _____

If you circled **question 15 or 16**, then please seek help **immediately** from a trusted friend, chaplain, counselor, peer support member, dial 911 or call the **National Volunteer Fire Council's "Share The Load" program** at 1-888-731-FIRE (3473) or 1-800-SUICIDE (1-800-784-2433).

Firefighter Behavioral Health Alliance (FBHA) recommends that if a person answers YES to at least three of these questions, it would be recommended that you contact a local Mental Health Care Professional that deals with firefighters who suffer from suicidal ideations and depression. If you need assistance, please contact FBHA for further information at 847-209-8208.