Suicide Prevention Awareness Month

September is suicide prevention awareness month, we have included some risk factors, warning signs and what you can do to prevent suicide.

What You Can Do
- **TAKE CARE OF YOURSELF AND OTHERS**
  Monitor and manage mental health, just as you would physical health. Do not be afraid to ask for help and seek medical treatment. Thoughts of suicide can occur in anyone. It is not their fault, but rather a need to treat a mental health issue
- **TALK OPENLY AND ACTIVELY LISTEN**
  Peer support goes a long way to protecting mental health. Open communication is especially important for the survivors after a firefighter suicide occurs. Listen actively, let someone who is seeking help talk at their own pace and ask them open-ended questions.
- **SHOW COMPASSION**
  Psychological risk is an undeniable part of the job. Be patient and supportive; do not judge or stigmatize individuals experiencing a mental health challenge.
- **BE DIRECT**
  If someone seems at risk or shows warning signs, ask “Are you thinking of suicide?” and “Do you have a plan?” Recognizing a potential suicide is critical to preventing it
- **BE PROACTIVE**
  If someone you know has a suicide plan, connect them with a higher level of care as soon as possible. If it is safe for someone to stay with them, do not leave them alone. Call 9-1-1 immediately.

There is hope
It is important to talk about suicide
HELP is available

Risk Factors
- Sleep deprivation
- Heavy alcohol or drug use
- Witnessing traumatic event(s)
- Major physical illness or injury
- Loss of a close relationship
- Isolation or lack of social support (e.g. off-season, retirement)
- Knowing others who have died by suicide

Warning Signs
- Sudden withdrawal from social contact
- Persistent feeling of hopelessness
- Increasingly reckless behavior
- Mood swings/change in behavior
- Having a suicide plan

The above information came from the Fire and Aviation Management Behavioral Health Advisory - Summer 2018. Please see the next page for resource in getting help.

Courage doesn’t always roar. Sometimes courage is the little voice at the end of the day that says I’ll try again tomorrow.
- Mary Anne Radmacher
Molly Seim is the engineer on BLM Engine 2411 in Grand Junction. Molly started working with a trail crew for the GMUG NF, she took assignments on the river crew and as an engine crew member in her first few years. In 2011 she began working for the UCR in the West Zone on Engine 2411. She enjoys working outside and working with people. She never envisioned herself going into a career as a wildland firefighter, she was encouraged to try it after her work on the trail crew.

She found a love for the job and credits the people she works with for encouraging her to pursue it. Molly grew up and currently lives on Glade Park, a rural community south of Grand Junction. She has a bachelor’s degree in Natural Resource Management and a minor in Range Ecology from Colorado State University. Her twin sister, Jessi, also works in West Zone on Engine 2412. A fun fact about her is that she has built ice caves and stayed in them but she prefers warmer places like the desert and the beach. When she is not busy with her job in the summer she enjoys spending time with her three horses, hunting, fishing, traveling to new places, and helping with her church high school youth group.

Talking Points
National Suicide Prevention Lifeline
24/7, free confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals
800-273-8255
https://suicidepreventionlifeline.org/

American Addiction Centers Firefighter and First Responders
Peer support for behavioral health and substance abuse. 888-731-FIRE (3473)
https://americanaddictioncenters.org/firefighters-first-responders/

Treatment Placement Specialists
Individualized behavioral health assistance e program (BHAP) with intake specialists trained to work with first responders.
877-540-3935
http://www.treatmentplacementspecialists.com

Question. Persuade. Refer. Suicide Prevention Training
https://qprinstitute.com/

Suicide in the Wildland Fire Service

Investment Knowledge
A invests a total of $16,000 for eight years
B invests a total of $78,000 for 39 years

Would you believe that A had more money when they both turned 65??
A turned $16,000 into almost $2.3 Million.
This was calculated at 12% interest

The critical piece of this example is to show how if you invest early, this allows compound interest to work for you.
However it’s never too late to start investing, all is not lost if you don’t start at 19!!!

The limits for Roth IRA and traditional IRA contributions haven’t changed over the last several years. The current combined annual limit is:

- Under age 50: $5,500
- Age 50 or older: $6,500

This is only a suggestion please see a certified financial planner or tax professional for more specific advice.

Final Thoughts
Do you have an idea for our newsletter (ex: topic, photos, employee to highlight, etc.)? Feel free to contact any DIG member or you can email us at ucr.dig@gmail.com
If you want to join the DIG please contact any member.