

# Firefighters' mental health

## Why it matters



Over 50 per cent 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 issues is a significant work culture barrier.

Volunteer firefighters have increased levels of depression, PTSD and suicidal symptoms due to greater barriers to mental health service access, compared to career firefighters.



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