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🌟 AI Overview ⋮


While specific suicide rates for first responders with PTSD are not consistently reported, studies show a strong link between the two conditions, with first responders with PTSD having significantly higher rates of suicidal ideation and attempts compared to the general population. **Around 10-15% of first responders are estimated to have PTSD**, and some research indicates that ~15% of firefighters with a probable PTSD diagnosis reported at least one suicide attempt during their career. [🔗](#)

Connection between PTSD and suicide risk


- **Suicidal ideation:** Studies show a high rate of suicidal ideation among first responders with PTSD symptoms. One study found that 41% of those exposed to a high number of suicide attempts and deaths reported suicidal ideation in their lifetime.
- **Suicide attempts:** The rate of suicide attempts is also elevated. For example, in one study, 15.6% of firefighters with a probable PTSD diagnosis reported at least one suicide attempt in their career.
- **Other contributing factors:** The high stress of the job, coupled with PTSD, can lead to other mental health issues like depression and substance abuse, further increasing the risk of suicide. [🔗](#)

Key statistics from various studies

- **PTSD prevalence:** Approximately 10-15% of first responders are estimated to have PTSD, which is significantly higher than the general population's lifetime risk of 6.8%.
- **Suicidal ideation:** Nearly 37% of first responders have contemplated suicide at some point in their lives, which is about 10 times higher than the rate for the average American.
- **Firefighter statistics:** Around 20% of firefighters meet the criteria for PTSD at some point in their career, and the suicide rate for firefighters is 18 per 100,000 compared to 13 per 100,000 for the general public.

- **Police officer statistics:** Suicide attempt rates among police officers have ranged from 0.7% to 55% in different studies.
- **EMS personnel:** Around 37% of EMS personnel have contemplated suicide at some point in their lives.
- **Mental health problems before suicide:** In the 2015-2017 period, 46% of first responders who died by suicide had mental health problems prior to their death. 

Note

- The statistics on suicide among first responders with PTSD are complex and vary depending on the specific group and study methodology.
- The prevalence of PTSD symptoms can also lead to a variety of other mental health problems, such as depression, anxiety, and substance abuse, which can further increase the risk of suicide. 

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