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**New Video Provides Guidance to our Nation's Firefighters
in Coping with Suicide**

Self-care steps and risk reduction measures detailed in first-of-its-kind educational video

Washington, DC – The Carson J Spencer Foundation, in partnership with the National Action Alliance for Suicide Prevention, and the American Association of Suicidology, launched a new video today entitled *Firefighters Coping with the Aftermath of Suicide*, detailing self-care steps, peer support measures, suicide warning signs, and available resources to assist firefighters nationwide in coping with suicide.

“Fire service professionals can sometimes be overlooked when thinking about the impact of suicide. When a suicide occurs, their role often shifts from rescuer to fellow griever. This can sometimes be challenging for firefighters who may be unprepared for the intense, complicated, and lengthy trauma involved with suicide,” said Sally Spencer-Thomas, CEO and Co-Founder of the Carson J Spencer Foundation and producer of the video.

The video features real firefighters, many from South Metro Fire Station 34 of Lone Tree, CO, who describe their struggles in coping with the difficulty of a suicide call or the suicide of a fellow firefighter and how vital it is for fire safety departments to work on raising awareness of this issue among firefighters, who are trained to face traumatic events but are sometimes unprepared for the unique trauma associated with suicide.

To watch *Firefighters Coping with the Aftermath of Suicide*, please visit <http://www.youtube.com/watch?v=Ryy7EyAiyeQ>.

“AAS is proud to be affiliated with this effort to recognize and mediate the impact of suicide on firefighters, as first-finders. We hope this video helps the healing that must come after such a loss,” said Alan L. Berman, PhD, Executive Director of the American Association of Suicidology.

Colorado Fallen Firefighters Foundation, Fire and Life Safety Educators of Colorado, the Beanstalk Foundation, and dozens of individual donors supported the funding of this project.



Jeff Dill, founder of Firefighter Behavioral Health Alliance, said, “What a tremendous honor to be involved with this project. It addressed the need to educate my brothers and sisters on behavioral health, especially in the area of firefighter suicide awareness and prevention and subsequently the pain that families and fire departments must deal with and coping skills they need after a loss.”

The American Association of Suicidology (AAS; www.suicidology.org) is a membership organization founded in 1968 for all those involved in suicide prevention and intervention or touched by suicide. AAS leads the advancement of scientific and programmatic efforts in suicide prevention through research, education and training, the development of standards and resources, and survivor support services.

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The Carson J Spencer Foundation (www.CarsonJSpencer.org) is a Colorado nonprofit, established in 2005. We envision a world where leaders and communities are committed to sustaining a passion for living. We sustain a passion for living by:

- Delivering innovative and effective suicide prevention programs for working-aged people.
- Coaching young leaders to develop social enterprises for mental health promotion and suicide prevention.
- Supporting people bereaved by suicide.

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The National Action Alliance for Suicide Prevention (Action Alliance; www.ActionAllianceforSuicidePrevention) is the public-private partnership advancing the *National Strategy for Suicide Prevention* (NSSP) by championing suicide prevention as a national priority, catalyzing efforts to implement high-priority objectives of the NSSP, and cultivating the resources needed to sustain progress. Launched in 2010 by Health and Human Services Secretary Kathleen Sebelius and former Defense Secretary Robert Gates, the Action Alliance envisions a nation free from the tragic event of suicide with a goal of saving 20,000 lives in five years.

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