**Email to Fire/EMS Leadership Introducing Toolkit**

Dear (Insert Fire/EMS agency leadership name),

A [national study](file:///D:\Full%20one%20drive%20docs\EMM\SP%20Toolkit\2019\First%20Responders\Materials%20for%20Toolkit\o%09https:\www.ncbi.nlm.nih.gov\pubmed\26339926) of 1,000 firefighters by researchers from Florida State University (FSU) revealed nearly 50% of the respondents said they had suicidal thoughts at some point during their firefighting career, and 16% had made a suicide attempt.

In recognition of this important issue, the National Fallen Firefighters Association (NFFA) has identified “Psychological Support” as one the [16 Firefighter Life Safety Initiatives](https://www.everyonegoeshome.com/16-initiatives/13-psychological-support/). To assist fire departments and their leadership in developing supports specific to suicide prevention, the NFFA developed [Suicide: What you Need to Know – A Guide for Fire Chiefs](https://www.everyonegoeshome.com/wp-content/uploads/sites/2/2014/01/SuicideGuide_Chiefs.pdf).

The first step in addressing the issue is to recognize that suicide can be prevented if we “Know the Signs, Find the Words, and Reach Out” ([www.SuicideIsPreventable.org](http://www.SuicideIsPreventable.org)).

We hope you will utilize the momentum of **Suicide Prevention Week** to raise awareness among your staff and their families and explore expanding efforts to prevent suicide.

As part of statewide activities to recognize Suicide Prevention Week, [Each Mind Matters](https://www.eachmindmatters.org/) distributes a [*Suicide Prevention Week Activation Toolkit*](http://www.eachmindmatters.org/SPW2019). A past theme was “Finding Purpose: Taking care of Ourselves and Others”. Few professions exemplify this theme more than first responders.

We wanted to take this opportunity to share the following resources with you to help raise awareness about suicide prevention and available resources for your staff.

Included with this email are multiple items to support your agency in raising awareness about suicide prevention:

* A letter/email template to be shared as a bulletin from the supervisor’s office to encourage help-seeking, raise awareness about suicide prevention, and remind your staff of available resources (community and agency based)
* A newsletter template sharing general information on suicide prevention, and raise awareness about available resources
* A listing of a variety of resources to assist law enforcement agencies in developing strategies for suicide prevention.
* A suicide prevention awareness poster with crisis support resources specialized for first responders

We also invite you to join us in a conversation so that we can work together as partners in suicide prevention, for your firefighters and emergency medical services staff, as well as for our community. We hope you find these resources useful and look forward to continued conversations so that we can better learn how we can support your staff and those who give so much to our community.

Take good care, stay safe,

Dear (Insert appropriate title),