

## Who we are...



## The Terry Farrell Firefighters Fund

**An Organization dedicated to the wellness of Fire Departments and Firefighters across the United States.**

- The stigma surrounding mental illness often prevents people from seeking treatment.
- It is more likely that you will come in contact with someone having an emotional crisis than you will someone having a heart attack or choking on a piece of food.
- It is estimated that 8.7 Million American adults had serious thoughts of suicide in 2013. Of that, 2.5 Million made a "plan" for suicide and of that, 1.1 Million made the actual attempt to take their own life.
- On average, 22 United States soldiers both home and abroad commit suicide every day.

## What we are doing...

Through a special grant, we are initiating an Emotional Wellness Campaign in the wake of Superstorm Sandy. This is dedicated to Firefighters and their families who have been both directly and indirectly affected by the storm that ravaged Long Island

## PTSD

### Post Traumatic Stress Disorder

Feeling that you are waiting for something terrible to happen again.

Unable to relax and enjoy your life

Feeling that you don't deserve to be happy

Being less motivated and not experiencing the same pleasure from life that you once did

***Please know that these are normal reactions to an abnormal event.***