Recognising mental health warning signs

Fire service personnel are exposed to high-stress environments that can impact mental health. Recognising the early warning signs can help provide timely support to colleagues in need.

Emotional Signs

- Persistent sadness or low mood
-Irritability or mood swings
-Feelings of hopelessness or worthlessness

Behavioural Signs

- Withdrawal from colleagues or activities
-Changes in performance or attendance
-Risk-taking behaviours

Physical Signs

- Fatigue or low energy
-Changes in appetite or weight
-Sleep disturbances (insomnia or oversleeping)

Cognitive signs

- Difficulty concentrating
-Indecisiveness
-Negative thought patterns

Crisis Indicators (Act Immediately)

- Talking about feeling hopeless or wanting to die
-Expressing plans for self-harm or suicide
-Severe mood changes or out-of-control behaviours

When to Worry

- Symptoms lasting more than 2 weeks
-Noticeable changes in behavior
-Signs of crisis (immediate action required)