

PTSD and Mental Health Initiative

“Don’t Suffer in Silence”



PROVIDENT
INSURING AMERICA'S HEROES SINCE 1928



SOUTH CAROLINA
STATE FIREFIGHTERS' ASSOCIATION

Once trauma is experienced... *Take action!*

1. *Seek Peer to Peer support*

2. *Access the First Responders Assistance Program (FRAP) at (855) 207-1747*

- FRAP is a service provided to you through the state association
- FRAP provides over the phone stress coaching & access to additional services
- Initial assistance to aid in determining if distress is related or unrelated to one or more Emergency Service Organization (ESO) events

If related to an ESO event

- Secure Provident's Accident and Health *First Notice of Claim Form (FNOC)*
- Complete top section of FNOC
- Acquire signature of company authorized officer, or signature of South Carolina State Firefighter's Representative (Zorrina Harmon)
- Sign and return FNOC
- Fax completed form with signature to Provident via one of the following secure channels:
 - (412) 963-0148
 - Or email at claims@providentins.com

If unrelated to an ESO event

- Call (855) 207-1747 or visit workhealthlife.com/us Password: FRAP
- Indicate the proper non-work related service
 - Depression and anxiety
 - Grief and loss
 - Relationships/family conflict
 - Addictions
 - Problem gambling
- FRAP will provide over the phone stress coaching related to issue
- Offer referrals to mental health practitioners available through your health insurance



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Self-Care Following a Traumatic Event

Just because the traumatic event is over does not mean that you will not experience strong emotional or physical reactions as a result of what occurred. First responders commonly encounter emotional aftershock when they have gone through a horrible event. The resulting mental and physical stress can occur instantaneously, within a few weeks of the event, or sometimes not until months or years later. If you or your loved ones are experiencing any of the symptoms listed below, consult our FRAP services.

Symptoms of Stress Reactions

Physical

- Fatigue
- Nausea
- Muscle tremors
- Chest pains
- Difficulty breathing
- Headaches
- Elevated BP
- Rapid heart rate
- Thirst
- Grinding of teeth
- Dizziness
- Vomiting
- Profuse sweating
- Chills
- Shock symptoms
- Fainting

Cognitive

- Blaming someone
- Confusion
- Poor attention
- Poor decisions
- Intrusive images
- Heightened or lowered alertness
- Poor concentration
- Memory problems
- Hyper vigilance
- Difficulty identifying familiar objects
- Increased or decreased awareness of surroundings
- Poor problem solving
- Poor abstract thinking
- Loss of time, place, personal orientation
- Nightmares

Emotional

- Anxiety
- Guilt
- Grief
- Denial
- Agitation
- Severe panic
- Emotional shock
- Fear
- Uncertainty
- Loss of emotion control
- Depression
- Inappropriate emotional response
- Apprehension
- Feeling overwhelmed
- Intense anger
- Irritability

Behavioral

- Change in activity
- Change in speech patterns
- Withdrawal
- Emotional outbursts
- Increase in alcohol use
- Suspiciousness
- Unable to rest
- Change in usual communication
- Loss/increase appetite
- Antisocial acts
- Nonspecific bodily complaints
- Hyper alert to environment
- Startle reflex intensified
- Pacing
- Sexual function changes