



Roger Moore

West Midlands Fire & Rescue

“Don't sit in silence, don't suffer alone, and don't see it as a weakness. The Charity really does help and their support is immeasurable”



Diagnosed with PTSD, retired firefighter Roger Moore, 55, from Coventry, suffered frequent flashbacks, often visualising the horrific nature of incidents he had encountered during his career.

"A month after I retired in May 2013, things came to a head," says Roger. "I was sitting with friends in the pub having a leisurely drink and from nowhere I just burst into tears, uncontrollable sobbing. A complete slideshow shot across the front of my eyes of nearly every dead person I had ever dealt with."

Roger admits it has only been since his retirement in 2013, without the support of the fire service and with more time on his hands that he has truly felt the impact on his mental health.

"When you're in the service it's a bit like being in a pressure cooker and that pressure was only really released once I'd retired," he says. "However, I was sort of aware that things had been getting bad for perhaps the last four years in the job. I was being very verbally aggressive and argumentative with family and friends, but I kind of just put that down to the stresses and strains of the job."

Roger contacted the Charity for help and was supported by one of our psychological therapists to learn the tools he needed to cope. Roger speaks appreciatively of the support he was given: "If she hadn't been there I would definitely be self-harming now and there's a reasonably good chance I would have committed suicide."

"For all my life I thought I was in charge of my body and my mind, but actually your mind is in charge of you. Don't sit in silence, don't suffer alone, don't see it as a weakness. The Charity does help, and the support is immeasurable. They are all brilliant and help you to realise you can do a lot more than you think you can do. It's up to me now."

www.firefighterscharity.org.uk/roger-moore

Need help?

Call our Support Line today on 0800 389 8820 or visit www.firefighterscharity.org.uk/support