

STATS

Among families surveyed:

- **58% report strained communication at home due to fatigue and emotional decompression needs.**
- **64% of partners/spouses report “daily or frequent worry” about safety.**
 - NC First Responder Family Well Being Survey, 2022.

NC EMS providers see an average of 5–8 traumatic incidents per month, with higher numbers in urban counties.

- Mecklenburg EMS (Medic) Clinical Operations Report, 2023.

61% of NC EMS providers report burnout, with highest levels in: high volume urban counties (Mecklenburg, Wake, Guilford), rural counties with staffing shortages (e.g., Alleghany, Graham, Washington).

- State EMS Director Collaborative, 2023.

66% of EMS families in North Carolina report stress related to shift schedules and overtime.

- NC First Responder Family Resilience Study, 2023.

57% of partners/spouses say they feel EMS work affects “emotional availability” at home.

- NC Family Impact of Emergency Services Research Group, 2022.

Family members frequently cite:

- **Unpredictability of schedules,**
- **Worry after violent-call responses,**
- **Communication challenges after critical incidents, as major stressors.**
 - NC Responder Family Well Being Report, 2023.