

Steve Buscemi ‘absolutely’ suffers PTSD from firefighting after 9/11 attacks

Story by Amber DeLuca



As the 20th anniversary of 9/11 tragically approaches, Steve Buscemi reflects on how volunteer firefighting still affects him today.

Legendary actor Steve Buscemi has penned an essay for *Time* magazine, recounting his haunting experience of volunteering to assist in clearing out rubble of the 9/11 terrorist attack.

In case you didn't know, Buscemi was a firefighter back in the early 1980's, where he was a part of the FDNY's Engine 55.

At the time he was also hustling to pursue a career in acting.

Buscemi's Hollywood career certainly kicked off, but tragically it was the 9/11 terrorist attack that saw the actor reunite with his original firefighting unit, where he volunteered for five days, as per [Consequence](#).

Speaking to the [Independent](#), Buscemi revealed just how affected he was and still is by the horrendously life altering attack and that it's "still a big part" of him.

Buscemi said, "I was only there for like five days, but when I stopped going and tried to just live my life again, it was really, really hard."

"I was depressed, I was anxious, I couldn't make a simple decision," he continued. "All those things. It's still with me. There are times when I talk about 9/11 and I'm right back there. I start to get choked up and I realize, ah, this is still a big part of me."

He continued, "I haven't experienced any health issues, and I get myself checked out, but definitely... post traumatic stress? Absolutely."

Buscemi's essay in [Time](#) is absolutely goosebump-inducing and it's an incredibly noble tribute as a legacy to those who suffer from the aftermath today.

An excerpt from the essay reads: "It actually felt good to be there. I was on the site for less than a week, but it wasn't until I got home that the magnitude of it all caught up with me."

"I was already seeing a therapist, and though it was almost impossible to process the enormity of what had happened, just having someone with whom to sit with all the feelings was a consolation. It's not something first responders usually get. Announcing vulnerability is a hard thing for anyone, but especially for people whose primary identity is as a protector. "

Buscemi also speaks of Friends of Firefighters, an organisation which was created following 9/11 by a New Yorker named Nancy Carbone. Friends of Firefighters provides free mental health support to current and retired firefighters, as well as to their families.