

Law Enforcement Stress & Wellness Handout Resources Handout

National Suicide and Crisis Lifeline: Dial 988

<https://suicidepreventionlifeline.org/>

The Lifeline provides 24/7, free, and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

National Domestic Violence Hotline: 1-800-799-SAFE (7233)

<https://www.thehotline.org/>

The National Domestic Violence Hotline operates 24 hours a day, seven days a week, 365 days a year, and provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse. Contacts to The Hotline can expect highly-trained, expert advocates to offer free, confidential, and compassionate support, crisis intervention information, education, and referral services in over 200 languages.

National Sexual Assault Hotline: 1-800-656-HOPE (4673)

<https://www.rainn.org/resources>

The National Sexual Assault Hotline provides trained hotline staff 24/7, in English and Spanish, in partnership with more than 1,000 local sexual assault service providers across the country.

Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline: 1-800-662-HELP (4357)

<https://www.samhsa.gov/find-help/national-helpline>

(Also known as the Treatment Referral Routing Service) is a confidential, free, 24-hour-a-day, 365-day-a-year information service in English and Spanish for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

FIRST RESPONDER SPECIFIC RESOURCES

CopLine Hotline: 1-800-COPLINE (267-5463)

<https://www.copline.org>

Provides 24/7, confidential services for US law enforcement who are dealing with various stressors encountered both on and off the job and is staffed by retired and trained volunteers. Available to both active and retired law enforcement officers and their loved ones.

Safe Call Now Crisis Hotline for First Responders: 1-206-459-3020

<https://www.safecallnowusa.org>

Safe Call Now is a confidential, comprehensive, 24-hour crisis referral service for all public safety employees, all emergency services personnel, and their family members nationwide.

The Battle Within

<https://www.thebattlewithin.org/>

Available to Military/Veterans/First Responders and ER personnel. Also includes a network of providers offering therapy (covered by donations).

ADDITIONAL WEBSITES

<https://www.copsalive.com>

A non-profit organization operated by the Law Enforcement Survival Institute (LESI) works with agencies and families to create environments that support healthy, happy, and effective law enforcement professionals both on the job and at home.

<https://badgeoflife.org>

A non-profit organization with a mission to educate and train law enforcement about mental health and suicide prevention.

<https://harborofgracerecovery.com>

The National Law Enforcement & First Responder Wellness Center at Harbor of Grace is America's only First Responder Mental Health Program, providing care exclusively for First Responders in crisis, treated by other First Responders. They offer a comprehensive addiction treatment services center for individuals struggling with drug and alcohol addiction.

<https://www.theiacp.org>

International Association of Chiefs of Police- Upcoming Officer Safety and Wellness Symposium (3-5 March 2023)

MILITARY/VETERAN-SPECIFIC RESOURCES

Veteran's Crisis Line: Dial 988, Press Option 1 or Text 838255

<https://www.veteranscrisisline.net/>

The Veterans Crisis Line is a free, confidential resource available to any Veteran, even if they are not enrolled in VA health care or registered with VA. Care does not end when the conversation is over. The Veterans Crisis Line can connect Veterans to their local suicide prevention coordinators (SPC), who follow up to coordinate care.

*Calling from overseas?

In Europe: Call 00800 1273 8255 or DSN 118

In Korea: Call 0808 555 118 or DSN 118

In Afghanistan: Call 00 1 800 273 8255 or DSN 111

Military One Source: 1-800-342-9647

<https://www.militaryonesource.mil/>

If you need support with life's everyday challenges, confidential non-medical counseling is available in person, by phone, online chat, or via video. Let Military OneSource connect you to a licensed counselor knowledgeable of military life. Counselors address a wide range of issues, including couples' communication, stress, loss, coping, and more. Counseling information and resources are available 24/7.

DoD Safe Helpline: 1-877-995-5247

<https://www.safehelpline.org>

DoD Safe Helpline is the sole secure, confidential, and anonymous crisis support service specially designed for members of the Department of Defense community affected by sexual assault, available 24/7.

Psychological Health Resource Center: 1-866-966-1020

<https://www.pdhealth.mil/resources/call-centers/psychological-health-resource-center>

This Free, 24/7 resource is available to Service members, veterans, family members, clinicians, commanders, or anyone with a question about psychological health in the military. We provide customized responses to your specific questions and needs. If we can't answer your question, we will connect you to someone who can provide assistance and a link to community psychological health resources in your local area.

The Head Strong Project

<https://theheadstrongproject.org>

Nonprofit, cost-free, barrier-free, stigma-free, evidence-based, trauma-focused mental health treatment for the military community (military, veterans, and their associated family members).