

SUICIDE PREVENTION FOR LEO'S

Law enforcement officers, due at least in part to the many stress factors they face on a constant basis, are at a heightened risk for suicide. Coping with daily exposure to violence, rotating shifts that keep them away from their families and exposure to other traumatic events takes a toll on officers' mental health. Law enforcement leaders looking to proactively intervene and possibly prevent further officer suicides may find the following resources useful. Please share this with our work partners.

Badgeoflife.com offers police suicide prevention programs and police officer suicide prevention education. It debunks common misperceptions related to officer suicide and includes links to resources, including resources for survivors. <http://www.badgeoflife.com/>

Breaking the Silence of Police Suicide, <https://www.youtube.com/watch?v=PyVQMH-Pfws>, produced by the widow of a fallen police officer, is a personal video of her husband's story to spread the word about officer suicide.

The Code 9 Project is dedicated to educating and raising awareness about post-traumatic stress disorder among law enforcement officers, other first responders and their families. The organization provides education, support and self-help tools. <http://www.code9project.org/>

InPublicSafety has a section focusing on preventing police officer suicide. <http://inpublicsafety.com/2014/03/silent-suffering-warning-signs-and-steps-to-prevent-police-suicide/>

Founded by the widow of an FBI agent who took his own life, **In Harm's Way: Law Enforcement Suicide Prevention** offers a toolkit and other resources to help agencies present suicide prevention training. <http://policesuicide.spcollege.edu/aboutUsIHW.htm>

The International Association of Chiefs of Police offers information on Preventing Law Enforcement Officer Suicide through its Center for Officer Safety and Wellness. The website includes *Blue*, a documentary on how the Philadelphia Police Department has addressed the issue, a symposium report from *Breaking the Silence: A National Symposium on Law Enforcement Officer Suicide and Mental Health* co-hosted by the U.S. Department of Justice Community Oriented Policing Services (COPS) Office in January 2013, and links to suicide prevention resources. <http://dnn9ciwm8.azurewebsites.net/Preventing-law-Enforcement-officer-suicide>

The Office of Justice Programs, along with the **International Association of Chiefs of Police** and the **U.S. Department of Justice Community Oriented Policing Services (COPS) Office** sponsored an [Officer Safety and Wellness Police Suicide Webcast](#) on Oct. 10, 2012.

Preventing Law Enforcement Officer Suicide is an article published in the June 2014 issue of *Community Policing Dispatch*, the newsletter of the **U.S. Department of Justice Community Oriented Policing Services (COPS) Office**. It provides an overview of the issue and suggests

strategies and resources. http://cops.usdoj.gov/html/dispatch/06-2014/preventing_officer_suicide.asp

Rutgers University Behavioral Health Care offers the Cop 2 Cop hotline, staffed by law enforcement clinicians, peer counselors and peer supporters 24/7.
<http://ubhc.rutgers.edu/cop2cop/services.htm>

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

Serve and Protect offers 24/7 access to a crisis line, a network of trauma therapists and a network of chaplains. Resources are available for both law enforcement officers and their families. <http://serveprotect.org/>

Suicide.org has a special section targeting police officer suicide prevention.
<http://www.suicide.org/police-suicide-prevention-and-awareness.html>

TearsOfACop.com includes resources, articles and personal stories focusing on treating post-traumatic stress disorder and preventing suicide. Its founder lost her brother, a Philadelphia police officer, to suicide.