

According to the National P.O.L.I.C.E. Suicide Foundation, every 55 hours an officer dies in the line of duty but every 17 hours an officer dies by his own hand. Why? Due to the nature of the job, officers are subjected to constant stressors not common in other careers. The high stress work environment, physical and emotional strain, high incidence of substance abuse, and availability of a weapon are a deadly combination for law enforcement. This leads to burnout, low morale, trauma, depression and sometimes death. Remember, suicide is a permanent solution to a temporary problem. Problems can be worked through.

**Confidential Support**

- Family problems
- Injured or ill loved ones
- Medical problems
- Traumatic events
- Critical incidents
- Stress
- Separation or divorce
- Work place burn out
- Thoughts of suicide
- Substance abuse
- New employees
- Retired employees

Seek help. Do not allow your problem to affect your work, family and personal life. There are a number of treatment program options available. Do not try to do it alone. Get a professional opinion.

**Police Suicide**

Outagamie Co. Crisis 920-832-4646  
 Suicide Prevention Hotline 1-800-273-TALK (8255)  
 National Certified Crisis Hotline 1-800-SUICIDE (784-2433)  
 www.psf.org - National P.O.L.I.C.E. Suicide Foundation.  
 www.tearsofacop.com - Information for survivors of suicide

**Military**

Milwaukee Vet Center (414) 536-1301  
 VA Health Benefits Service Center 1-877-220-VETS.  
 Sidran Traumatic Stress Institute (410) 825-8888 ext. 203.  
 www.ptsd.va.gov - provides info, training and education on PTSD.  
 www.dryhooch.org - Support services for veterans.  
 www.militaryonesource.com

**Police Families**

www.shieldedhearts.com  
 www.policefamilies.com  
 www.nationalcops.org - This site is also the site for C.O.P.S.-Concerns of Police Survivors; provides resources for family and co-workers of officers killed in the line of duty.



Providing Peer assistance to all Law Enforcement Professionals in Outagamie County

