



Helpline Resources

No Judgment. Just Help.



Safe Call Now
(206) 459-3020

This confidential, 24-hour crisis referral service is for all public safety employees, all emergency services personnel and their family members nationwide.



Suicide & Crisis Lifeline
988

Call, text or chat 24/7. The 988 Lifeline is for everyone. Through the 988 Lifeline, you have access to free, quality, one-on-one assistance.



CopLine
1 (800) 267-5463

Offers a confidential 24-hour hotline answered by retired law enforcement officers who have gone through a strenuous vetting and training process to become an active listener.



Law Enforcement Officers in Crisis
Text BLUE to 741741

Crisis Text Line provides free, 24/7, high-quality text-based mental health support and crisis intervention by empowering a community of trained volunteers to support people in their moments of need. To use Crisis Text Line, text BLUE to 741741.

5 Steps

To Help an Officer Seeking Support

Be a Trusted Resource for Help

Ask them what they need and how you can help.
Do not rush to solve their problems for them.
Be familiar with available resources and services to help.
Help them connect with a culturally competent mental health professional.

Be Supportive and Develop an Plan

Understand that you may not have all of the answers.
Understand that you may not be the one who helps them address their problems.
You can provide support and help them remove barriers to help-seeking.
Continue to be there for them; walk with them on their journey to wellness.

Be Direct

Ask clearly about their safety—“Are you safe right now?”
“Do you feel like hurting yourself?”
Tell them what you are going to do to help.

Be an Active Listener

Be comfortable with pauses and silence.
Your time to speak will come. First, listen to understand.
Let them speak freely.
Ask open-ended questions.
Avoid being judgmental; acknowledge their emotions.
Control your emotions.
Show empathy.

Be Present

They are reaching out for help.
Our demeanor should be supportive.
They are valued and important. Make sure they know it.
Understand that it took courage for them to be vulnerable.
Show sincere empathy, tell them that you care.
Go to a safe and quiet place without distractions, if possible.
Make time to follow up.



If you or someone you know is experiencing a crisis, contact one of the resources on the front of this card. Help is available.

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