

OFFICER WELLNESS RESOURCES

HOTLINES

- **COPLINE:** A 24/7, 100% confidential helpline for officers and their families, answered by trained retired law enforcement officers. Call 1.800.COPLINE (267-5463). Find more information at www.copline.org.
- **Crisis Text Line:** Text BLUE to 741741 to connect you with free, 24/7 confidential Crisis Text Line services.
- **First Responders Support Line (FiRST):** provides 24/7, free and confidential peer-support services to all first responders. The line is operated through Lenape Valley and is answered by trained current and retired law enforcement officers. Call 267-893-5400.
- **Responder Health:** provides 24/7, free and confidential peer-support services to all first responders and their families. Call 253-243-3701. They also have an app called The Armor Up America App which has wellness features and family resources. Download the app by going to <https://www.responderhealth.com/rhu>.
- **National Suicide Prevention Lifeline:** provides 24/7, free and confidential support for people in distress, and prevention and crisis resources for anyone. Contact them at **988** or 1.800.273.TALK (8255) or visit www.suicidepreventionlifeline.org.
- **Veteran Crisis Line:** Confidential, 24/7 hotline for military veterans to reach caring, qualified responders with the U.S. Department of Veterans Affairs, many of them veterans themselves. Dial 9-8-8 and then press 1, or text 838255.
- **LGBT National Help Center Hotline:** Free and confidential support for LGBTQIA+ people and those with questions about sexual orientation and/or gender identity. National Hotline: 1-888-843-4564 Monday -Friday: 2 PM – 11 PM Eastern time / Saturday: Noon – 5 PM Eastern time. Coming Out Support Hotline: 1-888-688-5428 <https://preventsuicidepa.org/988lgbtq/>





INFORMATION, SUPPORT SERVICES, & TRAINING

- **[Suicide Prevention Resource Center – Law Enforcement:](https://sprc.org/learning-center/)** Materials, programs, trainings and other suicide prevention information for law enforcement. <https://sprc.org/learning-center/>
- **[National Suicide Awareness for Law Enforcement Agencies Program \(SAFLEO\)](https://www.safleo.org/)** - This grant-funded program provides education and resources to law enforcement officers and agencies with a simple goal: to prevent suicides, raise awareness, and end the stigma around seeking help. <https://www.safleo.org/>
- **[First H.E.L.P.](https://1sthelp.org/)** – Works to prevent suicide among first responders by reducing the stigma around mental health, providing suicide-prevention education and training, collecting suicide data to better understand the problem, and promoting resources that help first responders seek support. They also honor first responders who died by suicide and support their families through care packages, retreats, scholarships, and other resources. <https://1sthelp.org/>
- **[Blue H.E.L.P.](https://bluehelp.org/)** – Honors the Service of law enforcement officers who died by suicide while working to reduce stigma through education and assist officers in their search for healing. <https://bluehelp.org/>
- **[Survivors of Blue Suicide](https://www.survivorsofbluesuicide.org/)** - Offers retreat settings for families suffering from suicide related losses. <https://www.survivorsofbluesuicide.org/>
- **[Concerns of Police Survivors \(C.O.P.S.\)](https://www.concernsofpolicesurvivors.org/)** - is a non-profit organization that supports the families and co-workers of law enforcement officers who have died in the line of duty, including deaths from felonious acts, accidents, illness and suicide. C.O.P.S. offers a wide range of resources — including counseling, scholarships, peer support, camps and retreats —to help survivors rebuild their lives. The organization also provides training to law enforcement agencies on how to respond to the loss of an officer. <https://www.concernsofpolicesurvivors.org/>
- **[Pennsylvania Chiefs of Police Association](https://www.pachiefs.org/officer-wellness)**: Provides specialized guidance, policy frameworks via Lexipol, and addiction/treatment directories tailored to first responders. Also provide a working list of resources to assist officers and their families. <https://www.pachiefs.org/officer-wellness>
- **[Fraternal Order Of Police \(FOP\)](https://fop.net/officer-wellness/)** - This division of the Fraternal Order of Police (FOP) offers a range of wellness resources to its members, including educational materials, connections to wellness practitioners and guidance on all aspects of maintaining health and productivity. Resources available include a list of vetted and approved providers, officer wellness training courses, wellness tips and strategies, crisis hotlines and wellness surveys. <https://fop.net/officer-wellness/>
- **[VALOR Officer Safety and Wellness Program](https://www.valorforblue.org/)**: The U.S. Bureau of Justice Assistance's Preventing Violence Against Law Enforcement and Ensuring Officer Resilience and Survivability (VALOR) Initiative offers resources and education to prevent injuries to officers and improve their health and resilience. <https://www.valorforblue.org/>

EMPLOYEE ASSISTANCE PROGRAM & GENERAL INFORMATION

➤ Employee Assistance Program (EAP)

- ❖ Our EAP is through Delaware Valley Trusts. Each officer gets **5** free sessions through the EAP each year. (In some instances, the EAP may reset your session count for every *new* challenge or life event, rather than capping you to the strict annual limit.)
- ❖ ***When you talk to the representative to schedule the EAP sessions, look for someone who is in network with **BOTH** the EAP and our insurance network.*** Once you exhaust your complimentary EAP sessions, they will generally provide a referral to the in-network provider which will allow you to continue care with the same provider using standard health insurance benefits.
- ❖ If an officer wants to utilize the EAP, they simply call and set up the appointment themselves. You **DO NOT** have to go through Human Resources or any supervisor to utilize these services. You **DO NOT** have to fill out an IOD report to be able to utilize the EAP. Administration **DOES NOT** get notified if an officer utilizes the EAP and all information provided during your sessions is confidential.
- ❖ EAP services can assist with;
 - Family and parenting issues
 - Anxiety, depression, and mental health issues
 - Addiction, substance abuse, and eating disorders,
 - Child, adolescent, or elder care issues
 - Marital tensions and relationship issues
 - Financial issues
 - Work conflicts
- ❖ To set up an appointment, call **1-877-240-6863**.
www.HealthAdvocate.com/delawarevalleytrusts

- Health Insurance – If you go through insurance to schedule an appointment with a provider, call the number on the back of your insurance card listed under “Mental Health & Substance Abuse”. Ask for help with securing an appointment with a provider that specializes in the specific issue you are having (i.e. trauma, eating disorder, substance use, etc.) – most insurances have “Member Advocates” that can do this for you, but often don’t advertise it. Ask if there is a member advocate when you first call. They will find you the best provider based on your needs, not just someone who is within a certain distance, etc.

- Fraternal Order Of Police (FOP) – Has a research data base that allows you to locate a vetted and approved provider and treatment center. The practitioners, programs and products listed on their database have been deemed by the National FOP Officer Wellness Committee to be culturally competent in working with members of law enforcement and have demonstrated sensitivity and expertise in understanding the unique culture of law enforcement. Each has earned the designation of FOP Vetted & Approved Wellness Provider. <https://fop.net/officer-wellness/providers/>

SUPPORT GROUPS

- **[The Shooter Support Group](#)** - A peer support group in PA designed for individuals involved in police-involved shootings or critical use-of-force incidents. It provides a safe space for officers to share experiences and process trauma. Support group contacts: Jonathan Josey 267-235-1539 and Yvette Clark 215-669-1321.

TREATMENT PROGRAMS

- **[LIVENGRIN - Responder Addiction Treatment Program \(FRAT\)](#)** - The FRAT Program treats alcohol and drug addiction as well as underlying issues that prevent a person from maintaining long-term sobriety Available 24/7. Call 215.638.5200 or email - BensalemAdmissions@livengrin.org. Website - <https://livengrin.org/specialties/first-responders/>
- **[National Law Enforcement & First-Responder Wellness Center](#)** - Substance use & mental health treatment specifically for First Responders and Veterans. They **do not** treat the general public. They offer inpatient or day treatment for substance use and mental health related issues. Call 443-502-8606, email is info@hoghelp.com , located in Havre de Grace, MD. <https://harborofgracerecovery.com/>
- **[Penn Medicine Princeton House Behavioral Health](#)** - The first of its kind in New Jersey, this landmark program supports firefighters, law enforcement officers, veterans, and other first responders with care from clinicians and staffed by veteran military members and first responders who share their experiences. They also offer electroconvulsive therapy (ECT). Brochure - <https://www.pachiefs.org/assets/Broch.pdf> Call 1-888-437-1610, option 1. Website - www.princetonhouse.org/firstresponders

RESOURCE LIST – LGBTQ+

- **[Gay Officers Action League \(GOAL\)](#)** - a non-profit organization advocate for and on behalf of LGBTQIA+ first responders and military members, educate first responders in LGBTQIA+ cultural humility, and provide community outreach to advance relations between the LGBTQIA+ public and first responder agencies. <https://www.phillygoal.org/>
- **[Transgender Community of Police & Sheriffs \(TCOPS\)](#)** - Peer support group for officers and support personnel that identify within the transgender spectrum. <https://tcops-international.org/>

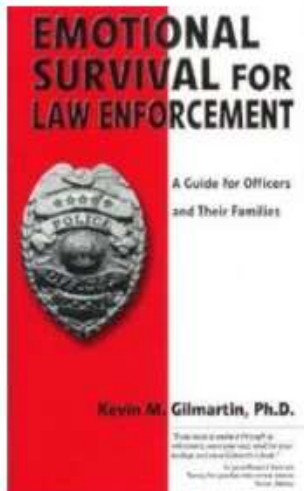
RESOURCE LIST – GAMBLING

- **Council on Compulsive Gambling of Pennsylvania** – Pennsylvania local chapter of the National Council on Problem Gambling. The Council on Compulsive Gambling of Pennsylvania, Inc., oversees a 24-hour helpline, aimed at assisting people whose lives are impacted by gambling related problems. Whether it be the individual themselves, or friends and family members, they strive to connect callers with additional resources located near them. The helpline provides assistance in the way of crisis management, referrals to treatment providers and counseling agencies in PA, and information about self-help mutual aid meetings and recovery groups that can be found online and throughout the Commonwealth. The helpline offers 24/7/365, live assistance to callers. Calls are free and entirely confidential. Call or text 1-800-GAMBLER. <https://pacouncil.com/>
- **Responsibly Play – PA** - PA's self-exclusion website. The Pennsylvania Gaming Control Board offers self-exclusion programs to help individuals affected by problem gambling distance themselves from the temptation of gambling. Self-exclusion allows these individuals to voluntarily ban themselves from casinos, internet-based gambling, video gaming terminals and fantasy sports wagering. <https://responsibleplay.pa.gov/self-exclusion/>

LOCAL RESOURCES

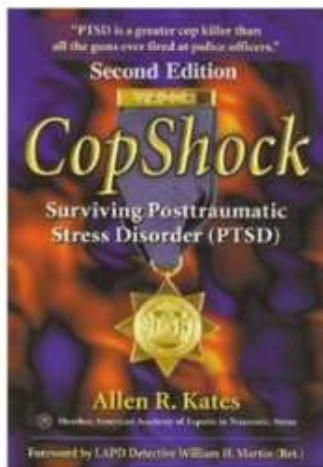
- **Bucks County CISM Team** – Provides confidential peer support and mental health services 24/7 for emergency service providers and first responders dealing with critical incident stress. You can activate or reach the team anytime through the Bucks County Dispatch Center at 1-888-245-7210. They will respond for individual service or for a group debrief.
- **Guardian Recovery Services** – Specialize in first responder & veteran counseling, the office is in Willow Grove. John Becker is a former police officer, now a licensed therapist. Call 215-874-3873 <https://www.guardianrecovery.info/>
- **Forge Health VFR** - Offers specialized mental health and substance use treatment designed to address the unique culture, preferences, and values of first responders, emergency and health care professionals, veterans, active-duty military, and their families. They have offices in Doylestown (215-371-7600) & Langhorne (215-780-7600), but also telehealth/virtual services (1-888-224-7312). <https://forgehealth.com/locations/pennsylvania/>
- **Kindle Hill Foundation** – Located in Blue Bell, PA, this is a non-profit organization that offers an Equine Program for first responders who are dealing with anxiety, depression, PTSD, or everyday stress. The foundation offers three different forms of wellness support: Learning, Therapy, and Training, all designed to help first responders connect with equine partners and better their mental wellbeing. To set up an appointment, contact President & Director Saly Glassman at 908-291-3770 or email her at saly@kindlehill.org. Website - <https://www.kindlehill.org/first-responder-equine-assisted-programs>

RESOURCES – BOOKS



Emotional Survival for Law Enforcement: A Guide for Officers and Their Families, by Kevin M. Gilmartin

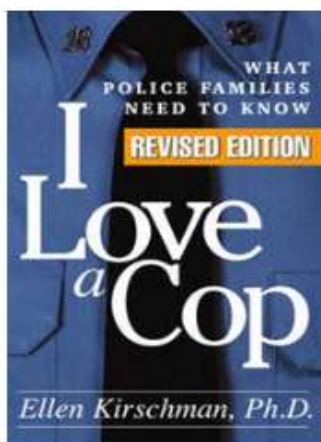
Addresses the dynamics that can transform within a matter of a few years, idealistic and committed law enforcement officers/employees into cynical, angry individuals who begin having difficulties in both the personal and professional aspects of their lives. It points out how law enforcement personnel develop a social perceptual set that can potentially see employees engaging in inappropriate behavior patterns and decision-making that leads to both administrative and can unfortunately in some personnel lead to criminal difficulties.



CopShock, Second Edition: Surviving Post-traumatic Stress Disorder (PTSD),

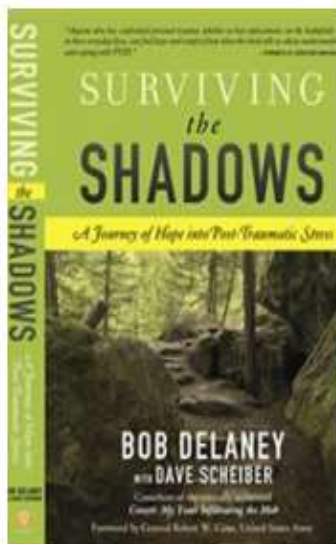
By Allen R. Kates

Nightmares, flashbacks, anger, concentration problems, emotional detachment, avoidance of people and places... These are some of the signs of PTSD. As many as one in three cops may suffer from PTSD, a condition that could lead to depression, suicidal thoughts, addictions, eating disorders as well as job and family conflict. CopShock prepares police officers for the aftermath of horrific trauma, helps families understand PTSD's effect on their loved ones, tells true stories of officers-men and women-with PTSD, and offers over 200 support sources.



I Love a Cop, Revised Edition: What Police Families Need to Know, by Ellen Kirschner

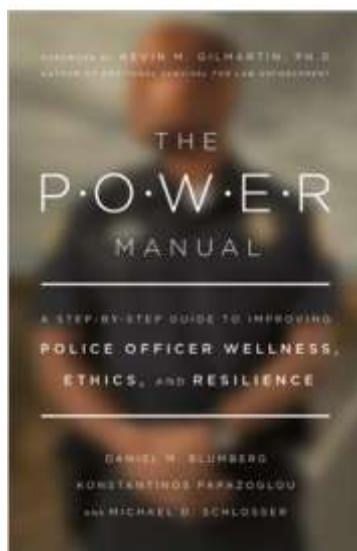
Will police work change the person you love? Are police marriages destined to fail? What are the chances of your loved one being killed in the line of duty? Since its publication nearly a decade ago, I Love a Cop has earned high praise from family members and police departments worldwide for providing answers to these and other critical questions. Now, this trusted resource has been revised to address the realities of post-9/11, post-Katrina police work.



Surviving the Shadows: A Journey of Hope into Post-Traumatic Stress, by Bob Delaney with Dave Scheiber

After serving undercover with the Mafia, Delaney (a former New Jersey state trooper) realized that he was suffering from post-traumatic stress disorder (PTSD), and the stigma, misunderstanding, and shame he endured inspired him to educate others. Here, he offers therapy ideas that incorporate physiology and psychology, and introduces groups working to help soldiers and law enforcement officers (two groups with high numbers of PTSD sufferers) cope with, and overcome, their difficulties. Delaney wants to change the definition of PTSD and help people understand that it is not a sign of weakness, but rather a normal physiological response to untenable amounts of stress. With this change of attitude, people will hopefully feel more comfortable seeking help and lives may even be saved. Delaney and Scheiber successfully balance

scientific fact with personal testimonial and write with an empathetic, engaging tone. Though the book will be compelling for readers with personal connections to the military or law enforcement, even the most skeptical will want to know what can be done on the individual and national level to help PTSD sufferers.



The Power Manual, A Step-by-Step Guide to Improving Police Officer Wellness, Ethics, and Resilience, by Daniel Blumberg, Konstantinos Papazoglou, and Michael Schlosser

A police officer's power does not come from their badge, gear, or tactical skills. It comes from POWER: Police Officer Wellness, Ethics, and Resilience. This book offers practical, research-based strategies to help all members of law enforcement improve their wellness, strengthen their ethical commitments, and increase their resilience both on- and off-duty. Even with access to a gym or counseling through work, police officers will benefit from developing a personal plan to maintain overall health. This book focuses on physical, cognitive, emotional, social, and spiritual wellness. It describes steps to optimize wellbeing and maintain effective job performance.