**Crisis Resources for First Responders (Law Enforcement)**

* [**Safe Call Now**](https://www.safecallnow.org/get-help-1.html):
  + Call **206-459-3020**
  + <http://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
* **Cop** [**Line**](http://www.copline.org/):
  + **Call (800) 267-5463**
  + [www.copline.org/](http://www.copline.org/)
  + 24-hr Crisis Line staffed by retired law enforcement officers to provide a safe, confidential resource for law enforcement officers and their families.

[National Suicide Prevention Lifeline](https://suicidepreventionlifeline.org/): answered locally by trained counselors and available 24 hours a day, 7 days a week. The Lifeline is also available in Spanish and offers a prompt for veterans, or those concerned about a veteran, to connect to specially trained counselors.

* Call 1-800-273-8255
* Chat <https://suicidepreventionlifeline.org/chat/>

[Crisis Text Line](https://www.crisistextline.org/): Text “Blue” (for law enforcement officers) to 741-741 to connect 24/7 with a trained crisis counselor

* Anyone can text “HELP” to 741741 to be connected to crisis services

Visit [SuicideIsPreventable.org](http://www.suicideispreventable.org/) and click on “Reach Out” to find local resources in your county.

**Suicide Prevention Resources for First Responders**

**Suicide Prevention Resource Center**: [Suicide Prevention Resources for First Responders](https://www.sprc.org/settings/first-responders) links to fact sheets and recommended resources.

* The SPRC also provides a listing of suicide prevention resources, programs and practices on their website: [www.sprc.org/resources-programs](http://www.sprc.org/resources-programs)

**National Action Alliance for Suicide Prevention**: [Public Safety](https://theactionalliance.org/communities/workplace/public-safety) page shares guidance and resources for Law Enforcement Officers and Firefighters.

[Each Mind Matters (EMM) collection on Resources for Workplace Suicide Prevention](https://www.eachmindmatters.org/change-agents/resources-for-workplace-suicide-prevention/):

links to resources that promote mental health and suicide prevention in the workplace, including EMM and Know the Signs materials.

**General / Suicide Prevention / Mental Health / Trauma**

[The Ruderman White Paper on Mental Health and Suicide of First Responders](https://rudermanfoundation.org/white_papers/police-officers-and-firefighters-are-more-likely-to-die-by-suicide-than-in-line-of-duty/): seeks to raise awareness about the issue of mental health among first responders in order to alleviate stigma and facilitate access to services.

[Serve and Protect](https://serveprotect.org/): facilitates trauma services for public safety professionals

[The Code Green Campaign](https://codegreencampaign.org/): first responder-led organization advocating for mental health and wellness initiatives within the field.

[First Responders: Behavioral Health Concerns, Emergency Response, and Trauma](https://www.samhsa.gov/sites/default/files/dtac/supplementalresearchbulletin-firstresponders-may2018.pdf): SAMHSA Disaster Technical Assistance Center research bulletin focusing on mental health, substance abuse, and suicide risk among first responders.

[First Responders Center for Excellence](https://www.firstrespondercenter.org/behavioral-health/awareness/) (Behavioral Health): web-based resource for first responders and their family members addressing physical and psychological health issues and promotion of research in relevant fields to increase awareness of first responder health issues as well as prevent first responder deaths and injuries.

* [Behavioral Health Awareness Training](https://www.firstrespondercenter.org/behavioral-health/toolsresources/): This training has been organized into a series of six separate modules to allow for distributed training and ongoing discussions.

**Law Enforcement Resources**

[Law Enforcement Suicide Prevention and Awareness](https://www.theiacp.org/resources/document/law-enforcement-suicide-prevention-and-awareness): International Association of Chiefs of Police (IACP) as part of the [National Consortium on Preventing Law Enforcement Suicide](https://www.theiacp.org/sites/default/files/231546_NOSI_Flyer_Final.pdf):

* [Breaking the Silence](https://www.theiacp.org/sites/default/files/Officer_Suicide_Report.pdf) report from National Symposium on Law Enforcement Officer Suicide and Mental Health

* [The Signs Within: Suicide Prevention Awareness and Education](https://ric-zai-inc.com/Publications/cops-w0855-pub.pdf): The goal of this document is to educate law enforcement leaders, raise awareness, and prevent officer suicides

## [Breaking the Silence video](https://theactionalliance.org/resource/breaking-silence-suicide-prevention-law-enforcement-video) and [accompanying facilitation guide](https://theactionalliance.org/sites/default/files/leguide.pdf) intended to help start the conversation on suicide prevention and officer wellness. Offers facilitation outlines for brief general presentations (i.e. “roll call” or “line up”), and longer format (1-2 hours) presentations and discussions for command staff, supervisors, general line staff, and families.

[Pain Behind the Badge](http://www.thepainbehindthebadge.com/): documentary film on police suicide, recognizing warning signs, and ways for law enforcement to seek help.

[In Harm’s Way: Law Enforcement Suicide Prevention](http://policesuicide.spcollege.edu/): federally funded program that offers training seminars and workshops on suicide prevention. The web site includes a [Suicide Prevention Toolkit](http://cop.spcollege.edu/INHARMSWAYResourceOnline/StartHere.pdf) which provides links to PowerPoint presentations, reproducible materials for printing, and links to additional resources.

[Suicide and Law Enforcement](http://cop.spcollege.edu/INHARMSWAYResourceOnline/toolkit/SUICIDE_AND_LAW_ENFORCMENT_FBI_ACADEMY_QUANTICO.pdf) (FBI Academy): A compilation of papers submitted to the Suicide and Law Enforcement Conference, FBI Academy, Quantico, Virginia, September 1999.

[Badge of Life](https://www.badgeoflife.org/): provides education and training for law enforcement on mental health and suicide prevention. The organization consists of active and retired officers, medical professionals and surviving families of suicide in the US and Canada.

[Blue H.E.L.P.](https://bluehelp.org/): organization that works to reduce mental health stigma in the law enforcement community, advocates for support for families after a suicide, and honors law enforcement officers who have died by suicide.

[National Police Suicide Foundation](https://www.psf.org/): non-profit educational foundation that promote suicide prevention among police officers and emergency responders.

[Law Enforcement Survival Institute](http://www.lawenforcementsurvivalinstitute.org/training.html): provide trainings and resources for law enforcement officers, and agencies to cope with and support others during careers in law enforcement.

[CopsAlive.com](http://www.copsalive.com): provides information and strategies to help police officers successfully survive their careers.

[Resilience Training Program Reduces Physiological and Psychological Stress in Police Officers](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4890098/#B6): a study examining the effectiveness of resiliency training programs for law enforcement officers.

[Performance Recovery Optimization (PRO) Program](https://cops.usdoj.gov/html/dispatch/12-2017/Performance_and_Recovery_Optimization.html): San Antonio Texas PoliceDepartment program that provides education on stress management techniques based on military programs.

[QPR for Law Enforcement](https://qprinstitute.com/professional-training): online course that covers knowledge and skills that officers need in order to recognize and respond to people who may be suicidal or have attempted suicide; to help the family and friends of individuals who have just died by suicide; and to assist colleagues who may be suicidal.