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While We Have You...



Are you feeling tired?

Do you find yourself trying to “catch up” on your sleep on your days off?

Is your job impacting your sleep schedule?



You could be putting yourself and others at risk when you miss out on adequate, quality sleep.

Try cutting down on caffeine and setting a strict bedtime schedule for yourself to make sleep more of a priority.

If you consistently struggle to get to sleep, consider talking to your family physician or consulting with your agency’s Employee Assistance Program (EAP) for professional assistance.



Agency EAP:

Agency Chaplain:

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Visit valorforblue.org and safleo.org for additional resources on sleep deprivation.

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Do you feel like the weight of the world is on your shoulders?

Are you directing irritability toward others that may be unwarranted?



Do not allow your stress to go unchecked!

Stress can be the result of events on and off duty.

Recognize and be aware of the stressors you have in your personal and professional life and develop healthy coping strategies.



If you are looking for resources to help relieve your stress, you can get help through your Employee Assistance Program (EAP), your agency chaplain, a professional counselor, or a family physician or you can talk to a peer, friend, or supervisor.



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Are you experiencing frequent nightmares or flashbacks?

Do you feel an emotional numbness and/or avoidance to places, people, and activities associated with a particular event?



Symptoms of post-traumatic stress disorder (PTSD)¹ can manifest physically, behaviorally, and emotionally and can include:

- Panic attacks or elevated heart rate
- Nightmares and flashbacks
- Irritability or outbursts of anger
- Avoidance
- Being overly alert or easily startled
- Uncontrollable shaking
- Extreme fear of harm
- Numbness

Seek help! Reach out to your agency's Employee Assistance Program (EAP), a counselor, a physician, a friend, a supervisor, or a provider hotline.

The Substance Abuse and Mental Health Services Administration (SAMHSA) offers 24/7, free, and confidential mental health treatment at 1-800-662-4357.

Call 988 for the Suicide & Crisis Lifeline (or text "BLUE" to 741741).

¹ Coping with a Traumatic Event, Center for Disease Control and Prevention (CDC). <https://www.cdc.gov/masstrauma/factsheets/public/coping.PDF>



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Are you having trouble getting out of bed?

Have you been feeling hopeless, helpless, or worthless?

Do you have a sense of failure?



This may be a sign of depression.

 Common symptoms include:¹

- Feeling worthless or guilty
- Loss of interest in things that were once pleasurable
- Feelings of hopelessness
- Changes in weight or appetite
- Loss of energy or increased fatigue
- Trouble sleeping
- Difficulty thinking, concentrating, or making decisions
- Thoughts of death or suicide

Employee Assistance Programs

(EAPs), chaplain programs, mental health resources outside of the agency, and 24/7 hotlines are available to you. You also can speak with a trusted friend, family physician, or family member.

The Substance Abuse and Mental Health Services Administration (SAMHSA) offers 24/7, free, and confidential mental health treatment at 1-800-662-4357.

Call 988 for the Suicide & Crisis Lifeline (or text "BLUE" to 741741).



¹ What Is Depression? American Psychiatric Association. <https://www.psychiatry.org/patients-families/depression/what-is-depression>.

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Visit valorforblue.org and safleo.org for additional resources on depression.



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While We Have You...



Are you taking pills, drugs, or medication prescribed for past injuries or medical issues to help you cope?

Do you use drugs, prescribed or illicit, to help you get through the day?



Substance abuse and substance use disorders are not uncommon among law enforcement officers.¹

If you feel you have a substance use disorder, getting help early can be lifesaving!

Reach out to a physician, family member, friend, or counselor. Your agency's Employee Assistance Program (EAP) will also have resources. Resources are completely confidential and are available 24/7.

You can also reach out to the Substance Abuse and Mental Health Services Administration (SAMHSA) for substance treatment.

1-800-662-4357

www.samhsa.gov/find-help/national-helpline

www.AddictionCenter.com



¹ Cross, C., Ashley, L., (2004). Police Trauma and Addiction: Coping With Dangers of the Job. FBI Law Enforcement Bulletin. 72(10).

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Visit valorforblue.org and safleo.org for additional resources on substance abuse.



Do you binge drink?

Do you drink even though it makes you depressed or anxious or adds to another health problem?

Are you using alcohol to cope with depression, anxiety, or post-traumatic stress disorder?



If you have a hard time saying no to alcohol or if it is having adverse effects on your life, you may have a problem. If your gut feeling tells you that you have a problem, listen to your instincts.¹

And if your family and friends are telling you that your drinking creates problems, listen to them, too. They care about you!

Reach out! Help is available. Consult with your agency's Employee Assistance Program (EAP), outside addiction centers, or addiction hotlines. You can also talk to a trusted friend or partner.

The Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline:
1-800-662-4357

Mutual-Support Groups: Find local support through Alcoholics Anonymous at www.aa.org.

¹ Alcohol Use and Your Health, Centers for Disease Control and Prevention (CDC). <https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>.



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Visit valorforblue.org and safleo.org for additional resources on alcohol abuse.