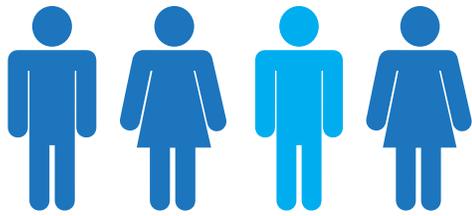




PTSD IN FIRST RESPONDERS

WWW.LEORF.ORG

WWW.IUPA.ORG



1 IN 4 FIRST RESPONDERS EXPERIENCE DEPRESSION

MORE THAN 18 MILLION ADULTS SUFFER FROM DEPRESSION IN ANY GIVEN YEAR

MORE OFFICERS DIE FROM SUICIDE THAN LINE OF DUTY DEATHS



SYMPTOMS OF PTSD INCLUDE

- FEELING ON EDGE OR EASILY STARTLED
- AN INCREASE IN INTERPERSONAL PROBLEMS OR TROUBLE WITH RELATIONSHIPS
- FEELING DISCONNECTED FROM PEOPLE
- DIFFICULTY EXPRESSING OR TALKING ABOUT FEELINGS
- AN INCREASE IN DRINKING OR DRUG USE, INCLUDING TAKING HIGHER DOSES THAN PRESCRIBED OF PRESCRIPTION MEDICATION
- PANIC-LIKE SYMPTOMS: HEART BEATING FASTER THAN NORMAL, SWEATING, AN OVERALL SENSE OF UNEASE OR AGITATION
- PEOPLE CLOSE TO YOU COMMENTING ON YOU SEEMING DIFFERENT OR NOT BEING YOURSELF
- REACTING IN WAYS THAT ARE NOT CHARACTERISTIC OF YOU

HERE ARE SOME WAYS OF COPING WITH PTSD



DEEP BREATHING



MEDITATION



FAITH



EXERCISE



SELF CARE

MOST IMPORTANTLY YOU ARE NOT ALONE

24/7 RESOURCES FOR COPS



"An Officer's Lifeline"

COP LINE
WWW.COPLINE.ORG
1-800-267-5463



COP 2 COP
UBHC.RUTGERS.EDU/COP2COP
1-866-COP-2COP

* Located in northeastern U.S. with ties to counseling services in that area for local cops, but available to police throughout the U.S. as a hotline.



WE CARE NAZ
WWW.WECARENAZ.ORG
1-800-273-8255
CRISIS TEXTLINE: 74171

* Note: 1) Do not self-diagnose; please consult with an appropriate medical professional if you are experiencing symptoms of depression and/or PTSD; 2) If you are having suicidal thoughts or ideations and/or if you do not feel you can keep yourself (or others) safe right now, please seek immediate medical attention and call for emergency services when necessary.