

Help is available for members of the service and their families



As members of the NYPD, you protect the greatest city in the world on a daily basis. This includes people when they are in a personal crisis.

Each of us is dedicated to the important business of fighting crime and keeping New Yorkers safe. And this is an immensely tough job. But your personal life can be even tougher. You may have no idea your office coworker, or even your sector partner, is dealing with a challenge for which they see no positive resolution.

But you need to know, and always remember: What seems unbearable today, absolutely will be more manageable tomorrow. The first step toward a solution is speaking to someone.



The [Employee Assistance Unit](#) (EUA) is available 24/7 to speak to you and help you get the best services possible. All calls to the EUA are strictly confidential. And if you're worried about a friend or colleague, you can make a confidential referral to the EUA on their behalf. This is about keeping our family healthy – and about saving lives. Your jobs require that you spend much of your work day helping people in crisis. But, before you can take care of others, it's imperative that you first take care of yourselves.



The key is also knowing that you have options. Internally you can also reach out to our [Chaplains Unit](#).



External support options include [Police Organization Providing Peer Support \(POPPA\)](#). They are independent from the NYPD but supported by the Department and their peer support officers include volunteer NYPD officers. You can also reach out to the [National Lifeline](#) at 800.272.TALK (8255).



Crisis Text Line is free, 24/7, and confidential

If you don't want to talk, you have other options. You can reach out by texting to the [Crisis Text Line](#) by texting BLUE to 741741 to speak with a crisis counselor. They are free, 24/7, and confidential. By texting BLUE, it tells the crisis text line that you are a law enforcement officer somewhere in the U.S. (it's not just for NYPD) and you need to chat.



Another option if you're in New York City is NYC WELL. You can get information, call, text, or chat. Visit: www.nyc.gov/nycwell.

Health and Wellness Resources

- Quick reference for support options [[HERE](#)]
- Be informed, know about the risk factors and warning signs of suicide [[HERE](#)]
- Get quick tips on how to check in with another officer or someone you are concerned for [scroll down]
- Know the suicide warning signs and risk factors specific to law enforcement [scroll down]
- Get quick tips for being fit [scroll down]
- Frequently Asked Questions on suicide [[HERE](#)]
- Learn more about depression from NAMI [[HERE](#)]

- Take a self-assessment screening for PTSD [[HERE](#)]
- Take a self-assessment screening for depression [[HERE](#)]
- Take a self-assessment screening for generalized anxiety [[HERE](#)]

Regardless of rank, any one of us
can have a personal crisis.
Help is available.

Help is available for many issues including:

- * Stress and anxiety
- * Depression
- * Suicidal thoughts
- * Financial situations
- * Sleeping issues
- * Alcohol and prescription concerns
- * Family, relationships & more

It is not hopeless and you are not alone.
You have options.

Options for help:

- * Lifeline: 800.273.TALK (8255)
- * Law enforcement text BLUE to 741741 (*others text TALK*)
- * NYC Well: Text, call & chat www.nyc.gov/nycwell
- * Call 911 for emergencies

NYPD specific:

- * Employee Assistance Unit: 646.610.6730
- * Chaplains Unit: 212.473.2363
- * POPPA (independent from the NYPD): 888.267.7267

Quick Tips on How to Check-In with another Officer



**Check in with a fellow officer today.
Let them know they are not alone.**

ASK

- Be relaxed and choose a quiet place
- Be specific about your concerns

LISTEN

- Don't be judgmental or cynical
- Don't feel like you have to solve their issue

ENCOURAGE

- Acknowledge their emotions
- Ask more questions so they continue talking
- Brainstorm options together

FOLLOW UP

- Make a note to check in with them in a week
- Ask if he/she has taken action
- If that action wasn't helpful, explore other options



Officer Suicide Warning Signs

- The officer is talking about suicide or death, and even glorifying death.
- Officer is giving direct verbal cues such as "I wish I were dead" and "I am going to end it all."
- Officer is giving less direct verbal cues, such as "What's the point of living?", "Soon you won't have to worry about me," and "Who cares if I'm dead, anyway?"
- The officer is self-isolating from friends and family.
- The officer is expressing the belief that life is meaningless or hopeless.
- The officer starts giving away cherished possessions.
- The officer is exhibiting a sudden and unexplained improvement in mood after being depressed or withdrawn.
- The officer is neglecting his/her appearance and hygiene; exhibits a deteriorating job performance.
- The officer displays behavior changes that include appearing hostile, blaming, argumentative, or they appear passive, defeated, and hopeless.
- Officer openly discusses that he/she feels out of control.
- The officer is aware that they are going to do something that will ruin his/her career, but that they don't care.
- The officer acts reckless and/or carries weapons in a reckless, unsafe manner.
- The officer has recent issues with alcohol and/or drugs.

(From Chae & Boyle, 2013)

NYPD

FIT



Healthy body.
Healthy mind.
Healthy YOU.

Your job protecting the greatest city in the world can be stressful — and that's an understatement.

Part of being fit is taking care of your mental and physical health.

Here are four quick tips for being fit:

1

Regular Exercise

It's not always easy to find the time to exercise. It doesn't have to be for hours at a time. Try to find a few minutes each day to create a routine, such as twenty minutes on the treadmill. Find a friend and take a walk or work out together to keep one another motivated.

2

Eat Well

You don't have to cut out junk food all together, but try reducing your intake of sugary and fatty foods while increasing your consumption of healthier options too. Start small, such as having a healthy snack each day and having a glass of water instead of a soda.

See more tips on eating healthy at:

www.nypdnews.com/eathealthy

3 Sleep Well

A good night's sleep is critical to having energy to handle life's stressors. In reality, our job can interfere with our sleep at times. Don't let more than a day or two go by without checking in on your sleeping habits.

Try to get 7-8 hours of sleep each night. Before bed, limit screen time on mobile devices, alcohol, caffeine, and sugary food or drinks. Stick to a regular bed time and wake time for better sleep and overall health.

4 Socialize with Family & Friends

Spending time with the people we care about helps remind us that we are not alone and that people care about us too. Our work involves interacting with people who have committed terrible crimes, people in crisis, and others that have been victimized.

Spending our time off with family and friends importantly reminds us of the good things in our lives and that we have much to be thankful for.

You got this!

Make the commitment to get fit and start today.

For some, more help might be needed and that's okay. You don't have to take on life's stressors alone. Help is available and you have options.

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(others text TALK to 741741)

NYC Well (in NYC only): Text, call, or chat www.nyc.gov/nycwell

NYPD specific

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Get more information from our partners:

- [NYC Well](#)
- [American Foundation for Suicide Prevention](#)
- [Crisis Text Line](#)
- [American Association for Suicidology](#)
- [NAMI](#) (National Alliance on Mental Illness)
- [New York State Psychiatric Institute/Columbia University](#)
- [Nock Lab at Harvard University](#)
- [JED Foundation](#)
- [Change Direction](#)
- [Suicide Prevention Resource Center](#)