

# HELP WHEN YOU NEED IT.

ALL STORMS WILL PASS. YOUR EXPERIENCE OF THE STORM DEPENDS GREATLY ON HOW WELL YOU'RE EQUIPPED AND WHAT YOU KNOW, AND BOTH OF THOSE ARE ONE OF THE FEW THINGS WITHIN YOUR CONTROL.

- STEVE WARNEKE

## 1 COPLINE

**1(800)267-5463**

An International hotline for law enforcement officers and their family that provides a safe, confidential place to go when there seems to be no one that understands the mindset of a cop. Manned by retired law enforcement officers.

## 2 NATIONAL SUICIDE PREVENTION HOTLINE

**1(800)273-8255**

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

## 3 CODE 9 PROJECT

**1(929)244-9911**

Their mission is to provide education, support and viable self-help tools to all Public Safety Personnel and their families for the purpose of managing and reducing the compressive stress effects, such as PTSD and suicide.

## 4 F.R.A.T. PROGRAM

**FIRST RESPONDERS ADDICTION TREATMENT PROGRAM**

**(855)FRAT-HELP**

FRAT is a nonprofit treatment center that provides a complete range of services for alcoholism & drug dependency which can complicate the stress of dealing with life-threatening situations.



RESOURCES HANDOUT  
WWW.STEVEWARNEKE.COM

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## 1ST HELP

**WWW.1STHELP.NET**

Answer 7 simple questions and 1st Help will generate a number of resources based on your particular situation and location. Please use this with full confidence of your anonymity.

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## BLUE H.E.L.P.

**WWW.BLUEHELP.ORG**

It is the mission of Blue H.E.L.P. to reduce mental health stigma through education, advocate for benefits for those suffering from post-traumatic stress, acknowledge the service and sacrifice of law enforcement officers we lost to suicide, assist officers in their search for healing, and to bring awareness to suicide and mental health issues.

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## FIRST RESPONSE WELLNESS

**WWW.FRMWELLNESS.COM**

First Response Wellness is focused on the wellbeing of the whole being. We focus on personal growth and development, travel & leisure, massage therapy and bodywork, and other areas of self care and wellness.

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## CRISIS TEXT LINE

**TEXT "HOME" TO 741741**

Text from anywhere in the USA and the UK for free, 24/7 crisis support, bringing texters from a hot moment to a cool calm through active listening and collaborative problem solving.

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## SAFE CALL NOW

**206-459-3020**

A confidential, comprehensive, 24-hour crisis referral service for all public safety employees, all emergency services personnel and their family members nationwide.