

SOME SILENT SIGNS OF LAW ENFORCEMENT STRESS INCLUDE:

- Fatigue
- Sleep disorders
- Irritability
- Alcohol and prescription drug abuse
- Physical ailments
- Late for work regularly
- Feeling pessimistic, hopeless, or depressed
- Physical or emotional pain
- Having suicidal thoughts (call us immediately)
- Inaction on the job, anger, secretly crying, bitterness
- And more...

WHAT ELSE SHOULD I KNOW?

Because you are doing an extremely difficult job that no one outside of law enforcement understands, you are likely having normal reactions to stress.

There are simple things you can do to help and heal yourself. These include

- Exercise daily.
- Talking to someone you trust
- Eating healthier and drinking less,
- Simplifying your life.
- Getting an annual physical.

Visit our website for a list of recommended books that will help tremendously.

www.alleaps.org

**Law Enforcement
Alliance for Peer
Support**
www.alleaps.org

**North
Central
South**

Statewide:

**Dr. Timothy Faulk, ALLEAPS
334-701-9624
Tim Rutledge, RCTA
601-955-0055**

LEAPS

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**LAW ENFORCEMENT ALLIANCE
FOR PEER SUPPORT**

**OFFERING FREE CONFIDENTIAL SUPPORT
TO LAW ENFORCEMENT OFFICERS**



Though we are not counselors, we have suffered through the pain of policing. We have been through shootings, being shot and seeing our brother and sister officers die. We have seen the mangled young and abused adults. We have survived divorce, cancer, accidents, the death of our children and so much more. Peer support is our mission, let us help: We're free!!



The PAIN of Policing

Officer survival is not just fighting; it includes surviving physically, mentally, emotionally and spiritually. Our profession's old, self-help methods of divorce, drinking, and denying hurt us even more. If it's early in your career, you know this pain well. If you're a veteran, you have hidden this pain deep inside. In either case, it's killing you.

- Life expectancy of a career cop is 59
- An officer commits suicide every 17 hours
- We have a higher rate of heart disease, divorce, alcoholism, and depression than other occupations.
- 87% of cops have PTSD
- We live from one high stress event to another.

We offer FREE, CONFIDENTIAL peer support. Mississippi Code 13-1-22.1 assures all communications with us are privileged.

BECAUSE WE ARE COPS, **LEAPS** MEMBERS ARE MOTIVATED BY OUR COMPASSION FOR OUR FELLOW OFFICERS AND ARE HERE TO HELP YOU CONFRONT THE REALITIES OF LAW ENFORCEMENT. MANY OF THE HAZARDS WE FACE ARE THE UNSEEN EFFECTS AND INHERANT STRESSES OF THE LIFE OF LAW ENFORCEMENT. WE UNDERSTAND HOW THE CAREER AND LIFESTYLE OF A COP AFFECTS US PERSONALLY AND PROFESSIONALLY.

To Comfort Officers in *High Stress Events*:

1. Provide Compassion by reassuring the officer you will help
2. If a shooting, keep the officer armed
3. Keep the officer off of the phone except to call family
4. Allow no judgmental remarks by others ("You should have", "I would have"...)
5. Remove the officer from the scene as soon as evidence is identified
6. Allow the officer to have a 3 hour break before interviews
7. Get a "DEFUSING"* done by LEAPS
8. Provide administrative leave if felt necessary by the officer and superiors
9. Do not press for in-depth answers during interviews until 2 days have passed
10. Provide "Counseling" by LEAPS by the 3rd day.

Remember the 10-3-10-3

10 seconds on scene to identify evidence and make public safety statements.

3 hour break (get a "defusing"* done)

10 minute interview; warn of "confabulation/closure"

On 3rd day, full reports and interviews

To reduce stress immediately:

- A. Breathe in deeply thru the nose inflating the "stomach" for 4 seconds
- B. Hold this breath for 4 seconds
- C. Exhale by pushing this breath out thru the mouth for 4 seconds

"XIII"

Perhaps you've noticed the Roman numeral for 13 in our logo. Being a Cop is more than just a job; it's a calling. You'll find this addressed in Romans 13:1-4

For rulers are not a terror to good conduct, but to bad. Would you have no fear of the one who is in authority? Then do what is good, and you will receive his approval, for he is God's servant for your good. But if you do wrong, be afraid, for he does not bear the sword in vain. For he is the servant of God, an avenger who carries out God's wrath on the wrongdoer. Romans 13:3-4 (ESV)

If you're involved in a shooting and you're not hurt:

1. Call for back-up IN PLAIN ENGLISH.
2. Handcuff the suspect. Render Aid
3. Secure the scene. Photograph if possible.
4. Identify crucial evidence when help arrives.
5. Leave the scene immediately after step 4
6. Call family ASAP. Tell them where you will be.
7. Get to the PD/SO and take a 3-hour break.
Have another officer you trust stay with you.
8. Do not do interviews until a *defusing** is done.
9. Never be unarmed. KEEP/REPLACE your weapon.
10. Stay off of the phone. Turn your cell off!

If you are injured:

1. Complete as many steps above as possible.
2. Get or give yourself first aid.
3. Get to the hospital the quickest way possible.
4. Get other officers to bring family to you.
5. Get a *defusing** as soon as practical.

**Defusing: a trained peer removes the "fuse" from the psychological bomb. Ask a team member about 'closure' and 'confabulation'*

All of the above applies to shootings, accidents, fights, and many other stressful situations. Information and help is available to you confidentially.

Visit our website at: www.alleaps.org

OR if you need to speak to someone for assistance:

Call your closest LEAPS representative listed on the back of this brochure.

For free Peer Support training, visit www.rcta.org

