



**Alabama Law Enforcement Alliance  
For Peer Support (ALLEAPS)**  
www.alleaps.org

We are a group of trained law enforcement officers of all types and from a variety of agencies.

The **Pain** of Policing: Officer survival is not just fighting; it includes surviving physically, mentally, emotionally, and spiritually. 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 male career cop is 57.
- We are number 1 in **suicides**.
- We have a **higher rate** of heart disease, divorce, alcoholism, and depression higher than other occupations.

We offer FREE **CONFIDENTIAL** and **PRIVILEGED** peer support. Alabama Statute 36-21-14 assures all communications with us are confidential and privileged. We are specifically trained and appointed to provide peer support services.

Because we are cops, **ALLEAPS** members are motivated by our compassion for our fellow officers and are here to help the realities of law enforcement. Many of the hazards we face are the unseen effects and inherent stresses of the life of law enforcement. We understand how the career and lifestyle of a cop affects us personally and professionally.

Even though we aren't counselors, many of us have suffered through this pain and can help you. We have been through shootings, being shot and having seen officers die. We have seen mangled children and abused adults. We have survived shootings, divorce, cancer, and bosses who have punished us for doing our job. Licensed counselors are available for consultation.

**Don't hesitate if you are in need contact us, we care, and we can help!**

**CALL TOLL FREE  
833-219-2461**