WORRIED ABOUT YOUR FELLOW OFFICER?

Are they performing or acting differently?

Do they seem down?

Are you concerned for their well-being?

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SAFLEO

KNOW THE WARNING SIGNS

According to the American Association of Suicidology,
below are some WARNING SIGNS of acute suicide risk*

Threatening to hurt or kill themselves
(Or talking of wanting to hurt or kill themselves)

Looking for ways to kill themselves
(Access to firearms, available medication, etc.)

Talking or writing about death, dying, or suicide
(When these actions are out of the ordinary)

Other behaviors that may be an indication:

- Increased substance or alcohol use
- Expressing no reason for living, no sense of purpose in life
- Withdrawing from friends, family, or society
- Giving away personal possessions or seeking long-term care of pets
- Acting reckless or engaging in risky activities seemingly without thinking about outcomes and consequences
- Changing behavior as a result of an impending or recent breakup, separation, or divorce

Other moods/emotions that may be an indication:

- Anxiety, agitation
- Unable to sleep or sleeping all of the time
- Feeling trapped, like there is no way out
- Hopelessness
- Dramatic mood changes
- Rage/uncontrolled anger
- Seeking revenge

RECOGNIZE WARNING SIGNS? SAVE A LIFE. REACH OUT AND ASK.

GETTING STARTED

GET THE CONVERSATION STARTED

Use these questions to break the ice and help your friend or fellow officer

Peer-to-Peer:

1. Hey, I noticed you aren't acting like yourself. (Insert an example.) Do you have a couple of minutes to talk?
2. I feel like something is wrong, and I'm concerned about you. Can we chat?
3. Listen, I know you've been through a lot recently and have been to some traumatic calls, and I know the stress that can come with it. I want to know how you are doing.

Direct-Line Supervisor:

4. Let's talk a few minutes about your behavior. Now, this isn't a bad thing, but I've noticed that your level of performance here has changed. I just want to touch base.
5. Listen, I can see that you're struggling. You might feel like you can't trust talking to anyone, but I want you to know that we have confidential resources we can share with you. We can do this together. What can I do to help you?

YOU TALKED AND IDENTIFIED AN ISSUE . . . NOW WHAT?

Offer Resources:

- National Suicide Prevention Lifeline:
  (800) 273-8255
- Crisis Text Line:
  Text HOME to 741741
- Employee Assistance Program (EAP):

Still Worried?

- If you feel the officer is still at risk of injuring themselves or others, confer with your supervisor about an EAP referral or contact your department's peer support team.
- If you feel the officer is in immediate danger of harming themselves,
  DO NOT LEAVE THE OFFICER ALONE
  and keep talking to them, if possible. Contact 9-1-1 or take the officer to the emergency room immediately.
- Always follow your department's policies.

***https://suicidology.org/** **For more resources on suicide prevention and awareness, visit safleo.org.**

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