



BJA
Bureau of Justice Assistance
U.S. Department of Justice

Got a Minute?



Are you taking pills, drugs, or medication

prescribed for past injuries or medical issues to help you cope or to help you unwind?

Do you use drugs, prescribed or illicit, to help you get through the day and relax?

Has your behavior towards others become belligerent or argumentative?



Data

Law enforcement professionals are not immune to substance abuse issues.¹ Substance abuse and substance use disorders are not uncommon among law enforcement officers.

Easy access to lethal means and the need to be alert and quick-thinking in the line of duty make the ramifications of abuse more dangerous.

If you feel you have a substance use disorder, getting help early can be lifesaving.



Resources

If you think you may have a substance abuse problem, there are several steps you can take. Reach out to your physician, share with a family member or friend who will support you, or talk with a counselor.

Your agency's Employee Assistance Program (EAP) will also have resources. Resources are completely confidential and are available 24/7.

You can also reach out to the Substance Abuse and Mental Health Services Administration (SAMHSA) for substance treatment.

1-800-662-4357

www.samhsa.gov/find-help/national-helpline

www.AddictionCenter.com



¹ Cross, C., Ashley, L., (2004). Police Trauma and Addiction: Coping With Dangers of the Job. FBI Law Enforcement Bulletin. 72(10).

Agency EAP:

Agency Chaplain:

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Visit **valorforblue.org** and **safleo.org** for additional resources on substance abuse.