



Are you having trouble getting out of bed?

Have you been feeling hopeless, helpless, or worthless?

Do you have a sense of failure?

Data

This may be a sign of depression.

Depressive symptoms have been found in law enforcement at two times the rate of the general population.¹ Common symptoms include:²

- Feeling worthless or guilty
- Loss of interest in things that were once pleasurable
- Feelings of hopelessness
- Changes in weight or appetite
- Loss of energy or increased fatigue
- Trouble sleeping
- Difficulty thinking, concentrating, or making decisions
- Thoughts of death or suicide

Do not let these thoughts and feelings linger—this is not something you will just get over. Do not be ashamed. Do not let embarrassment or fear of the unknown stop you from asking for help. You are worth it! There is hope! Things do get better.

Resources

Employee Assistance Programs (EAPs), chaplain programs, mental health resources outside of the agency, and 24/7 hotlines are available to you. You also can speak with a trusted friend, family physician, or family member.

The Substance Abuse and Mental Health Services Administration (SAMHSA) offers 24/7, free, and confidential mental health treatment at 1-800-662-4357.

Call 988 for the Suicide & Crisis Lifeline (or text "BLUE" to 741741).

¹ Hartley, T. A., Burchfiel, C. M., Fekedulegn, D., Andrew, M. E., and Violanti, J. M. (2011). "Health Disparities in Police Officers: Comparisons to the U.S. General Population." *International Journal of Emergency Mental Health*, 13(4), 211–220. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4734372/>.

² What Is Depression? American Psychiatric Association. <https://www.psychiatry.org/patients-families/depression/what-is-depression>.

Agency EAP:

Agency Chaplain:



Visit valorforblue.org and safleo.org for additional resources on depression.