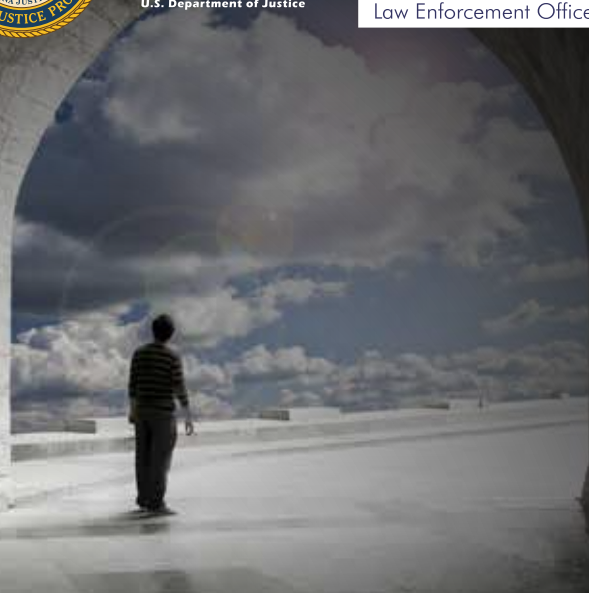


BJA
Bureau of Justice Assistance
U.S. Department of Justice

SAFLEO
National Suicide Awareness for
Law Enforcement Officers Program

Signs I Should Ask for Support

It is vital to evaluate
our mental wellness.



Take an honest look at yourself. Do you identify with these red flags?

- I want to kill myself or I want to die
- I think about ways to kill myself
- I feel like my life is out of control
- I feel like everyone would be better off without me
- I have persistent, repetitive, negative thoughts
- I have flashbacks to bad calls
- I feel anxious, agitated, trapped, or in unbearable pain
- I feel hopeless, like I have no reason to live
- I feel like I am a burden to others
- I have conflict/tension with my family or friends
- I want to isolate and be left alone
- I experience extreme mood swings, including frustration and anger
- I am having nightmares
- I am having trouble sleeping or I am sleeping too much
- I have received comments from family/friends that something seems different or wrong
- I have increased my alcohol use
- I am abusing substances
- I have been acting recklessly
- I am making excuses not to seek support
- I do not ask for help because I am beyond help
- I sometimes have strong resentment towards others and want to act on those feelings

If any of these statements describe you, understand that it is okay to not be okay.
Ask for help. Do not suffer in silence!

This poster supports the SAFLEO Web event "What Happens When I Ask for Help? Removing the Mystery." We encourage you to view a recording of the Web event by visiting SAFLEO.org.

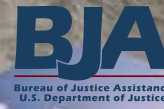
Reference: <https://www.samhsa.gov/find-help/suicide-prevention>



To learn more, visit www.safleo.org.

This project was supported by Grant No. 2018-VI-BX-K003 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the U.S. Department of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the Office of Sex Offender Sentencing, Monitoring, Apprehending, Registering, and Tracking (SMART). Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.

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Struggling mentally or emotionally?

Bring your hidden feelings into the light.

Seek help!

- Your primary care physician
- Culturally competent clinician (in person or online)
- Professionally led support group
- Peer support group
- Employee Assistance Program
- Agency chaplain
- Clergy
- Supervisor
- Human resources
- Trusted colleagues
- Friends or family members

Get immediate support

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Crisis Text Line: Text "BLUE" to 741741
- Substance Abuse and Mental Health Services Administration (SAMHSA): 1-800-662-4357

Continue reaching out until you find the support that you need. You may be surprised at the support that you receive.



To learn more, visit www.safleo.org.

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