



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

SAFLEO
National Suicide Awareness for
Law Enforcement Officers Program

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

- Suicide & Crisis Lifeline: Call 988
- Crisis Text Line: Text "BLUE" to 741741

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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