



Got a Minute? and While We Have You . . . Agency Guidance

*The Got a Minute? infographic series and the While We Have You . . . poster series pose questions designed to encourage officers to self-reflect on their behaviors and seek help if needed. Six topics are represented in both a poster and a comprehensive infographic, including **substance abuse, stress, sleep, post-traumatic stress disorder, depression, and alcohol abuse**. Providing law enforcement officers with the information they need to increase their wellness and resiliency, in a private setting, has a significant potential to reduce the fear associated with being seen viewing this information in a public space.*

Distribution Ideas

For best use of these infographics and posters, the Bureau of Justice Assistance's (BJA) National Suicide Awareness for Law Enforcement Officers (SAFLEO) Program suggests distributing them digitally to the officers in your agency so they can review them privately—preferably on their computers or mobile data terminals for best viewing—and posting printed copies in non-public areas. Because of the nature of the content, many officers may feel uncomfortable reading them if they are hung on a public wall in the station. For printing, the SAFLEO Program recommends printing each poster or infographic in an 11- by 17-inch size and posting in private areas, such as bathroom stalls or locker rooms. Since the posters or infographics may be near a water source, consider laminating them so they last longer and can be wiped off.

Each of the six topics is covered in a *Got a Minute?* infographic and a *While We Have You . . .* poster. The infographics are more detailed versions of the posters. The six topics covered in these posters and infographics are a series but do not need to be displayed in any chronological order. The SAFLEO Program suggests rotating through the six topics regularly or displaying certain topics based on issues you may experience within your department.

Additional Guidance

A space is available in the infographics for you to add contact information for your local Employee Assistance Program (EAP) and your agency chaplain. Prior to rolling these infographics and posters out, we recommend contacting your EAP, agency chaplain, peer support team, or Human Resources Division to provide them advance copies of the resources and alert them that they may get some extra calls. In addition, let your frontline supervisors know that these are coming out so they can be prepared to have some conversations, if the need arises.

- You may have agency policies or protocols that address behavioral concerns, mental health concerns, or suicide prevention. This could be a good time to have supervisors and the department review or be reminded about the policies, services, or resources available to them (as well as possibly their families or retirees).
- Consider sending a message to your officers before disseminating the posters and infographics to let them know you care about them and want to prioritize their mental wellness.



BJA believes that the law enforcement community deserves better access to officer wellness resources and suicide prevention strategies. The SAFLEO Program, which is funded under the Officer Robert Wilson III Preventing Violence Against Law Enforcement and Ensuring Officer Resilience and Survivability (VALOR) Initiative, addresses law enforcement suicide prevention strategies through training; technical assistance; and resources to law enforcement agencies, staff members, and families.

These resources are designed for agencies to broadly disseminate throughout the organization. To assist in agency distribution effort(s), the resources are available at www.bja.gov/safleo. Print-related resources can also be downloaded for agency distribution. Optimal print sizes are included on the website. Videos, podcasts, and webinars are not available for download. However, agencies are encouraged to link to the resource(s) for wide distribution.

For print resources, including posters, infographics, checklists, and guides, limited printed copies of these resources are available to you at no cost. To request copies (up to 20), please contact the SAFLEO Program at (850) 385-0600 or info@safleo.org. SAFLEO Program staff members will assist you in completing any additional information (such as agency-specific contact information) to include on the resource and will coordinate with you on shipping all requested resources to you and your agency.

About BJA

The Bureau of Justice Assistance (BJA), a part of the U.S. Department of Justice's Office of Justice Programs, helps make American communities safer by strengthening the nation's criminal justice system. Its grants, training and technical assistance, and policy development services provide state, local, and tribal governments with the cutting-edge tools and best practices that they need to reduce violent and drug-related crime, support law enforcement, and combat victimization. To learn more about BJA, visit www.bja.gov.

About the VALOR Initiative

The VALOR Initiative is an effort to improve the immediate and long-term safety, wellness, and resilience of law enforcement officers. Through a multifaceted approach that includes delivering no-cost training and professional education, conducting research, developing and providing resources, and establishing partnerships that benefit law enforcement officers, VALOR seeks to provide our nation's law enforcement officers with innovative, useful, and valuable resources.