

Resources for Law Enforcement Officers:

1-800-Copline – 24 hour - Confidential hotline staffed by retired LEOs

Nationwide and Canada – takes no federal money

Besides talking anonymously to someone who has been in the same job, also has an extensive database of:

- *Counselors in almost every state and province vetted as LEO friendly*
- *AA virtual meeting group links*
- *Resources for having head trauma (CTE/TBI) evaluated*
- *Spouses may also call*

Concussion HelpLine for LEOs – Concussion Legacy Foundation -Website

VETERANS: If you are also a Veteran, the Crisis Line is 800-273-8255 press 1. There is also a 90 day inpatient specific to PTSD for veterans

Treatment Centers: Each has a website – there are many others as well

Westcoast Trauma Retreat – California, set up by 2 police psychologists/retired officers, support for spouses

Deer Hollow – Utah, also has substance abuse treatment

1st Responder Wellness – Newport, California, also has substance abuse treatment

Note: Make sure to view websites and talk with those that have been to them.

Funding is sometimes available through Worker's Comp, Unions/Associations

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