

Warning Signs

Excessive drinking
Prescription drug abuse
Finances in turmoil
In need of family counseling
Struggling with addiction
Marital issues
Depression
Erratic behavior
Loss of interest in job
Suicide attempt
Alienation
Changes in appetite/weight
Feelings of hopelessness
Unable to sleep

MAKE A SAFE CALL NOW

www.safecallnow.org

206-459-3020

Safe Call Now is a registered
non-profit 501(C)(3) designated as a
public charity.

Endorsed by:

*Lieutenant Governor Brad Owen,
State of Washington*

www.ltgov.wa.gov

Juliette Schindler Kelly, Chief of Staff
Office of Lieutenant Governor
(360) 786-7730

*Congressman Dave Reichert,
former King County Sheriff*

www.reichert.house.gov

WA State Council of Fire Fighters

www.wscff.org

WA State Patrol Troopers Association

www.wspta.org

WA State Fraternal Order of Police

www.wafop.com

Seattle Police Officers' Guild

www.seattlepoliceguild.org

WA Council of Police & Sheriffs

www.wacops.org

Dr. Michael Copass

Founder/Director—Medic One

National Border Patrol Council

Local 2913

www.nbpc.net-region.htm

Gordon J. Graham

www.lexipol.com

*NW Teamsters Law Enforcement
League—Local 117*

www.teamsters117.org

WA State Criminal

Justice Training Commission

<https://fortress.wa.gov/cjtc/www/>

Behind the Badge Foundation

www.behindthebadge.org

Seattle Firefighters Union, Local 27

www.iaff27.org

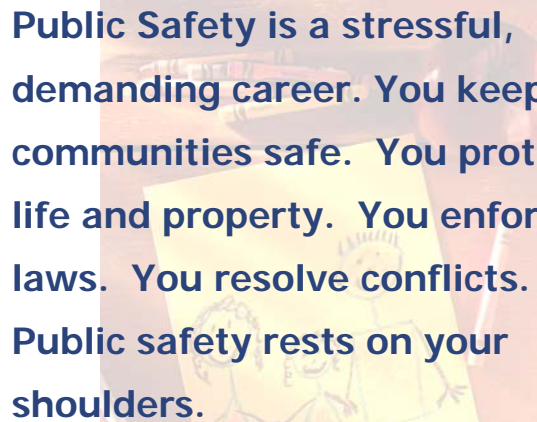
SAFE CALL NOW.org

™ "Saving the lives of those who protect us"

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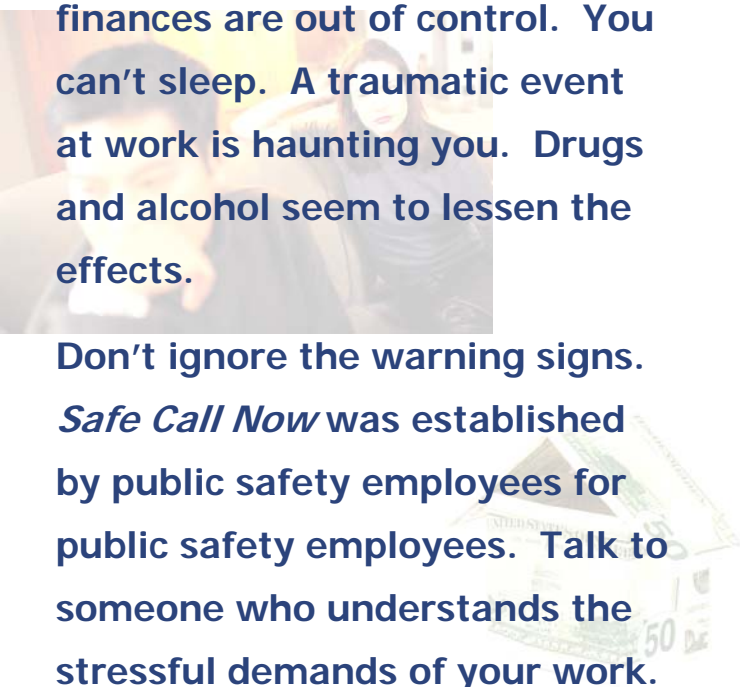


A simple and confidential
resource for local, state, and
federal public safety agency
employees and their families.



Public Safety is a stressful, demanding career. You keep communities safe. You protect life and property. You enforce laws. You resolve conflicts. Public safety rests on your shoulders.

What happens when your personal life and career are out of balance? You are going through a divorce. Your finances are out of control. You can't sleep. A traumatic event at work is haunting you. Drugs and alcohol seem to lessen the effects.



Don't ignore the warning signs. *Safe Call Now* was established by public safety employees for public safety employees. Talk to someone who understands the stressful demands of your work. It's a simple and confidential phone call away.

It's evident in the numbers

A study done by police psychologists in California indicated police officers are more likely to commit suicide than be killed in the line of duty. Data shows 19 Los Angeles police officers killed themselves between 1998 and 2007, whereas 7 died in the line of duty during the same time period.

Since 1993, 20 FBI agents have committed suicide.

Numerous studies indicate the rate of suicide among law enforcement officers is 3 times higher than that of the general population. We lose 1 officer every 18 hours due to suicide.

What's the issue

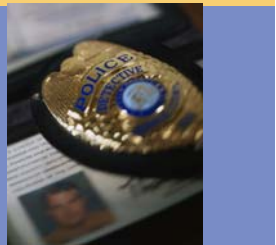
Warning signs exist, but if I seek help, I could lose my job. For many

of us, asking for help is a sign of weakness and jeopardizes our careers. Before you lose another friend, partner, spouse, one of your own, consider a simple phone call to *Safe Call Now*.

What can I do

Safe Call Now is a resource for public safety agency employees to speak confidentially with officers, former law enforcement officers, public safety professionals and/or mental healthcare providers who are familiar with your line of work. This resource is not tied to Fitness-For-Duty or EAP.

It is a safe place to turn, to get help from individuals who understand the demands of your job and who may have endured the same struggles.



It takes a special kind of person to protect the lives and property of others. You can't do this job effectively if you don't take care of yourself. 206-459-3020. It's simple and confidential.

MAKE A SAFE CALL NOW.