First Responder Child Passenger Safety Technician
Tools to Manage Cumulative Critical Incident Stress

Sunday, March 13, 2022
National Law Enforcement Memorial and Museum
The
NLEOMF

• COVID
• Gunfire
• Traffic-related
• Assaults
• Other Causes
Critical Issues for LEOs Getting Help

- Non-punitive Pathways
- Clear the Obstacles
  - Fear of job loss
  - Insecurity of not coping
- Develop Support Network
  - Peer Support
  - LE trained Counselors
  - Chaplain programs
  - CISM program
  - Family Counseling
Resources for Law Enforcement

• Destination Zero Program
  • www.destinationzero.org

• SAFLEO Program
  • wwwValorforblue.org/SAFLEO
Destination Zero Resources

Click on Resources
Innovative Approaches

- Wellness Units
- Alcohol treatment
- Stress Management
- Dedicated Personnel
- Shift adjustments
- Sleep
- Nutrition
- Retirees
Are you struggling? Are you feeling hopeless or helpless? Are you thinking about suicide? Do you know someone who is? Do not suffer in silence.

Please reach out. Ask for help.

- National Suicide Prevention Lifeline—1-800-273-TALK (8255)
- Crisis Text Line—Text "BLUES" to 741741

You are not alone. We need you. You matter!
VISIT US AT BOOTH #304

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www.LawMemorial.org