

# Taking Care of Our Own

Suicide Prevention for Law Enforcement  
Presented by Chris Prochut

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## Depression

- Common cold of mental health
- A master of disguise
- Treatable
- Undiagnosed, untreated it's deadly
- Depressed ≠ suicidal
- Suicidal = often depressed

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## You're Not Immune

- Relationship Issues
- Financial Concerns
- Stress
- Health Problems
- Depression
- Unhealthy Coping Strategies
  - Substance abuse
  - Displaced anger
  - Denial
  - Silence



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## Complicating the Symptoms

- Work schedules
- Vicarious trauma/emotional toxins
- Distorted view of the world
- Public scrutiny
- Savior syndrome
- Stress junkies
- Control freaks

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## Warning Signs of Suicide

- Change in behavior patterns
- Increased alcohol and/or drug use
- Recent impulsiveness/taking risks
- Withdrawing from family & friends
- Getting affairs in order
- Making a plan
- Displaced anger or rage
- Fixation on death
- Responsibility Absorption
- Cognitive Restriction (tunnel-vision)

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## Greatest Obstacles

- Stigma
- Myths about policy/procedure
- Communication
  - Police culture
  - Gallows humor
- Image armor

**YOU ARE HUMAN**



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## You can impact a change!

- Start the conversation
- Acknowledge the reality
- Educate yourself on warning signs
- Address the subject of mental health within your department
- Investigate department policy
- TALK! Share your story



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## Resources



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## Contact Information:

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## Take Care of YOU!

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