

Emotional Trauma Resources for Law Enforcement and First Responders

**Books**

* *Emotional Survival for Law Enforcement: A Guide for officers and their families*, Kevin M. Gilmartin
* *I Love a Cop: What Police Families Need to Know,* Ellen Kirschman
* *In the Realm of Hungry Ghosts: Close Encounters with Addiction*, Gabor Mate & Peter A. Levine
* *Cop Shock, Surviving Posttraumatic Stress Disorder*, Allen Kates
* *Force Under Pressure: How Cops Live and Why they Die*, Lawrence Blum
* *The Compassion Fatigue Workbook*, Francoise Mathieu
* *The Deepest Well: Healing the Long-Term Effects of Childhood Diversity,* Dr. Nadine Burke Harris
* *When the Body Says No: Exploring the Stress-Disease Connection*, Gabor Mate
* *Bullets in the Washing Machine,* Melissa Littles
* *10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge and Found Self Help That Actually Works - A True Story,* Dan Harris
* *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma,* Bessel van der Kolk, MD
* *Why We Sleep: Unlocking the Power of Sleep & Dreams,* Matthew Walker, PhD
* *Healing from Trauma: A Survivor’s Guide to Understanding your Symptoms and Reclaiming your Life,* Jasmin Lee Cori
* *Triumph, Tragedy and Tedium: Stories of a Salt Lake City Paramedic/Firefighter, the Sugar House Years,* Barry Makarewicz & Laura Howat
* *The Rite of Return: Coming Back from Duty Induced PTSD,* Karen Lansing, LMFT
* *A Paramedic’s Diary: Life & Death on the Streets,* Stuart Gray

**Websites**

* safecallnow.org
* crisisresponse.org
* calm.com
* tendacademy.ca
* rescuetime.com (daily habits on computer & mobile devices)
* code9project.org
* cdc.gov/ace/ (ACEs study)
* emotionalsurvivor.com
* policeone.com (click Health-Physical & Mental Fitness)
* heart math.com
* copline.org
* palousemindfulness.com
* proqol.org -Professional Quality of Life Scale
* resiliency.com
* thebadgeoflife.com
* ptsd.va.gov
* NENA.org
* emdr.com/find-a-clinician/ or emdria.org
* copline.org
* bluehelp.org
* 1sthelp.net
* mentalhealthamerica.net (depression screening)
* thepolicewifelife.com
* FFBHA.org

**Apps**

* Breath2Relax
* Insight Timer (guided meditations, timer for meditations)
* PTSD Coach!
* Virtual Hope Box (tools for coping, relaxing, distracting and positive thinking)
* Provider Resilience (National Center for Telehealth & Technology)
* Cbt-i coach (improve sleep)
* T2 Mood Tracker (National Center for Telehealth & Technology)
* Relax Melodies (improve sleep)
* Calm

**Free and confidential Suicide Prevention Crisis Hotlines for First Responders**

**National Suicide Prevention Lifeline**

**1-800-273-8255 TEXT: HOME to 741741**

**Cop 2 Cop**

**1-866-COP-2-COP - 1-866-267-2267**

**The Cop 2 Cop hotline is staffed by retire officers who are licensed Clinical Social Workers**

**Safe Call Now**

**206-459-3020. the Safe Call Now 24 hour crisis referral hotline is specifically tailored to help First Responders and their families.**

**Veteran’s Crisis Line**

**1-800-273-8255 Press 1**

**Cop Line**

**1-800-267-5463, TEXT: BLUE to 741741 “An Officer’s Lifeline.” National hotline provides safe and confidential contact with fellow officers, 24/7 peer support and referrals.**