



## Emotional Trauma Resources for Law Enforcement

### Books

- *Cop Shock, Surviving Posttraumatic Stress Disorder*, Allen Kates
- *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
- *The Compassion Fatigue Workbook*, Francoise Mathieu
- *Trauma & Recovery: The Aftermath of Violence from Domestic Abuse to Political Terror*, Judith Herman
- *When the Body Says No: Exploring the Stress-Disease Connection*, Gabor Mate
- *Bullets in the Washing Machine*, Melissa Littles
- *The Anger Control Workbook*, Matthew McKay & Peter Rogers
- *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
- *Grit: The Power of Passion & Perseverance*, Angela Duckworth
- *Healing from Trauma: A Survivor's Guide to Understanding your Symptoms and Reclaiming your Life*, Jasmin Lee Cori
- *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others*, Laura Van Dernoot Lipsky



## **Websites**

- [calm.com](http://calm.com)
- [compassionfatigue.ca](http://compassionfatigue.ca)
- [rescuetime.com](http://rescuetime.com) (daily habits on computer & mobile devices)
- [emotionalsurvivor.com](http://emotionalsurvivor.com)
- [policeone.com](http://policeone.com) (click Health-Physical & Mental Fitness)
- [heartmath.com](http://heartmath.com)
- [palousemindfulness.com](http://palousemindfulness.com)
- [progol.org](http://progol.org) -Professional Quality of Life Scale
- [resiliency.com](http://resiliency.com)
- [thebadgeoflife.com](http://thebadgeoflife.com)
- [ptsd.va.gov](http://ptsd.va.gov)
- [thepolicewifelife.com](http://thepolicewifelife.com)
- [emdr.com/find-a-clinician/](http://emdr.com/find-a-clinician/)

## **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
- Checky (phone habit tracker)
- Whil.
- Smiling Mind

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

### National Suicide Prevention Lifeline

1-800-273-8255

### Cop 2 Cop

1-866-COP-2COP - 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 hotline is specifically tailored to help first responders and their families

### Veteran's Crisis Line

1-800-273-8255

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