

# BLUE LIVES MATTER

## YOUR LIFE MATTERS

With the daily pressures, stress, and trauma from being the first line of defense, you have a lot to deal with and process. Your job doesn't stop when you clock out. You fear images and experiences may stick with you forever. Your feelings are real and valued, and so are you!

### DON'T WAIT, GET HELP

If you or someone you know are struggling with mental health or suicidal thoughts, reach out for help!

**Free – Confidential – Can Help You Feel Better**



[www.copline.org](http://www.copline.org)

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

### KNOW THE SIGNS:

Be aware of the warning signs of suicide. It could save a life!

#### TALK

*If a person talks about:*

- ★ Killing themselves
- ★ Feeling hopeless
- ★ Having no reason to live
- ★ Being a burden to others
- ★ Feeling trapped
- ★ Unbearable pain

#### BEHAVIOR

Behaviors that may signal risk, especially if related to a painful event, loss or change:

- ★ Increased use of alcohol or drugs
- ★ Looking for a way to end their lives, such as searching online for methods
- ★ Withdrawing from activities
- ★ Isolating from family and friends
- ★ Sleeping too much or too little
- ★ Visiting or calling people to say goodbye
- ★ Giving away prized possessions
- ★ Aggression
- ★ Fatigue

#### MOOD

People who are considering suicide often display one or more of the following moods:

- ★ Depression
- ★ Anxiety
- ★ Loss of interest
- ★ Irritability
- ★ Humiliation/Shame
- ★ Agitation/Anger
- Relief/Sudden Improvement





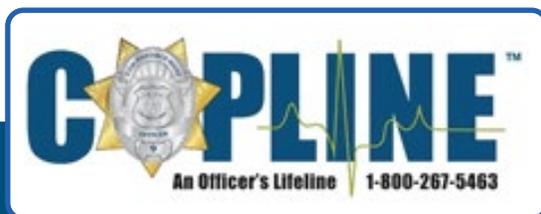
# BLUE LIVES MATTER YOUR LIFE MATTERS

With the daily pressures, stress, and trauma from being the first line of defense, you have a lot to deal with and process. Your job doesn't stop when you clock out. You fear images and experiences may stick with you forever. Your feelings are real and valued, and so are you!

## DON'T WAIT, GET HELP

If you or someone you know are struggling with mental health or suicidal thoughts, reach out for help!

**Free – Confidential – Can Help You Feel Better**



[www.copline.org](http://www.copline.org)



[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

## KNOW THE SIGNS:

Be aware of the warning signs of suicide. It could save a life!

### TALK

*If a person talks about:*

- ★ Killing themselves
- ★ Feeling hopeless
- ★ Having no reason to live
- ★ Being a burden to others
- ★ Feeling trapped
- ★ Unbearable pain

### BEHAVIOR

Behaviors that may signal risk, especially if related to a painful event, loss or change:

- ★ Increased use of alcohol or drugs
- ★ Looking for a way to end their lives, such as searching online for methods
- ★ Withdrawing from activities
- ★ Isolating from family and friends
- ★ Sleeping too much or too little
- ★ Visiting or calling people to say goodbye
- ★ Giving away prized possessions
- ★ Aggression
- ★ Fatigue

### MOOD

People who are considering suicide often display one or more of the following moods:

- ★ Depression
- ★ Anxiety
- ★ Loss of interest
- ★ Irritability
- ★ Humiliation/Shame
- ★ Agitation/Anger
- Relief/Sudden Improvement

