

# FIVE STEPS

TO HELP AN OFFICER SEEKING SUPPORT



## HOW CAN I HELP?

IF A BROTHER OR SISTER IN UNIFORM ASKS FOR HELP, WILL YOU BE READY? YOU MAY BE THEIR LIFELINE AT THAT MOMENT. BE PREPARED TO HELP. **YOU MAY NOT HAVE ANOTHER CHANCE.**

### BE PRESENT

- They are reaching out for help.
- Our demeanor should be supportive. They are valued and important. Make sure they know it.
- Understand that it took courage for them to be vulnerable.
- Show sincere empathy, tell them that you care.
- Go to a safe and quiet place without disruptions, if possible.
- Make time to follow up.

### BE A TRUSTED RESOURCE FOR HELP

- Ask them what they need and how you can help.
- Do not rush to solve their problems for them.
- Be familiar with available resources and services to help.
- Help them connect with a culturally competent mental health professional.

### BE DIRECT

- Ask clearly about their safety—  
“Are you safe right now?”  
“Do you feel like hurting yourself?”
- Tell them what you are going to do to help.

### BE AN ACTIVE LISTENER

- Be comfortable with pauses and silence.
- Your time to speak will come. First, listen to understand.
- Let them speak freely.
- Ask open-ended questions.
- Avoid being judgmental; acknowledge their emotions.
- Control your emotions.
- Show empathy.

### BE SUPPORTIVE AND DEVELOP AN ACTION PLAN

- Understand that you may not have all of the answers.
- Understand that you may not be the one who helps them address their problems.
- You can provide support and help them remove barriers to help-seeking.
- Continue to be there for them; walk with them on their journey to wellness.

THE NATIONAL SUICIDE PREVENTION LIFELINE  
1-800-273-TALK (8255)

or contact the **CRISIS TEXT LINE** by texting “**BLUE**” to 741741

IF YOU OR SOMEONE YOU KNOW IS EXPERIENCING A CRISIS, IMMEDIATE RESOURCES FOR HELP ARE AVAILABLE.

THE SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA)  
1-800-662-4357



THIS INFOGRAPHIC SUPPORTS THE SAFLEO WEB EVENT **ENHANCING RESILIENCE BY EMBRACING COURAGEOUS VULNERABILITY**. WE ENCOURAGE YOU TO VIEW A RECORDING OF THE WEB EVENT BY VISITING [SAFLEO.ORG](https://www.safleo.org).