



ARE YOU OK?

Officer Suicide Warning Signs

- The officer is talking about suicide or death, and even glorifying death.
- **Officer is giving direct verbal cues such as "I wish I were dead" and "I am going to end it all."**
- Officer is giving less direct verbal cues, such as "What's the point of living?", "Soon you won't have to worry about me," and "Who cares if I'm dead, anyway?"
- **The officer is self-isolating from friends and family.**
- The officer is expressing the belief that life is meaningless or hopeless.
- **The officer starts giving away cherished possessions.**
- The officer is exhibiting a sudden and unexplained improvement in mood after being depressed or withdrawn.
- **The officer is neglecting his/her appearance and hygiene; exhibits a deteriorating job performance.**
- The officer displays behavior changes that include appearing hostile, blaming, argumentative, or they appear passive, defeated, and hopeless.
- **Officer openly discusses that he/she feels out of control.**
- The officer is aware that they are going to do something that will ruin his/her career, but that they don't care.
- **The officer acts reckless and/or carries weapons in a reckless, unsafe manner.**
- **The officer has recent issues with alcohol and/or drugs.**

(From Chae & Boyle, 2013)



ARE YOU OK?

**Check in with a fellow officer today.
Let them know they are not alone.**

ASK

- Be relaxed and choose a quiet place
- Be specific about your concerns

LISTEN

- Don't be judgmental or cynical
- Don't feel like you have to solve their issue

ENCOURAGE

- Acknowledge their emotions
- Ask more questions so they continue talking
- Brainstorm options together

FOLLOW UP

- Make a note to check in with them in a week
- Ask if he/she has taken action
- If that action wasn't helpful, explore other options

Let the officer know help is available for:

- Stress
- Depression
- Suicidal thoughts
- Financial concerns
- Anxiety
- Relationships & more

Options for help:

Employee Assistance Unit: 646.610.6730

Chaplains Unit: 212.473.2363

POPPA: 1.888.267.7267 www.poppanewyork.org

National Suicide Prevention Lifeline: 1.800.273.8255

Crisis Text Line: Text "talk" to 741-741

NYC Well: Text, call & chat nycwell.cityofnewyork.us

Visit: www.NYPDnews.com/AreYouOk | www.AFSP.org