

KNOW THE WARNING SIGNS

It is important to be prepared for your retirement, both financially and emotionally. The transition to civilian life can be difficult and, unfortunately, UMOS who are on terminal leave or in the first year of their retirement are at a greater risk of experiencing depression. Be aware of the warning signs and risk factors.

If you have a combination of any of the following symptoms for at least two weeks, it could be a sign of depression:

- Change in appetite or weight
- Speaking or moving with unusual speed or slowness
- Change in sleeping pattern
- Decrease in sexual desire
- Feelings of worthlessness, self-reproach, hopelessness or guilt
- Diminished ability to concentrate
- Slowed thinking or indecisiveness
- Feeling out of control
- Speaking of death or suicide
- Fatigue or loss of energy
- Constant worrying
- Isolation and withdrawal



Employee Assistance Unit

The Employee Assistance Unit (EAO) is designed to assist Members of the Service who are experiencing personal and/or professional problems. The early identification and resolution of these problems can minimize the impact on a member's career or home life.

Referrals are accepted from fellow Members of the Service, unions and fraternal organizations, family, and friends.

Our unit is **NOT** a disciplinary arm of the department. Communications between EAO personnel and Members of the Service remain **CONFIDENTIAL**, EXCEPT in cases of criminality or suicidality.

EAO IS AVAILABLE 24/7 by phone or in person. Peer counselors will meet you, and care for you, where and how you are most comfortable.

If it's important to you,
it's important to us.

Employee Assistance Unit

90 Church Street
Suite 1209
New York, NY 10007
646-610-6730

Employee Assistance Unit

Retirement Information & Resources



LIFE AFTER LAW ENFORCEMENT

Retirement is an important event in our lives. It brings with it many adjustments and challenges. Changes in lifestyle, friendships, self-esteem, and purpose are all part of the process. Retirement is especially difficult for those employed in law enforcement who leave their profession often unprepared for the dramatic change. Enclosed in this pamphlet are tips and important information to guide you throughout the process.

The Employee Assistance Unit remains committed to our retired Members of the Service.

STAYING CONNECTED

Sometimes when a law enforcement officer leaves the "job" there is a void and a loss of camaraderie. A good way to stay connected is through the various fraternal organizations:

- ★ www.NYPDCops.org
Representing the various NYPD ethnic and fraternal organizations
- ★ www.fop.net
The Fraternal Order of Police

**SUPPORT IS
AVAILABLE 24/7
CALL ANY TIME
646-610-6730**

TRANSITIONING TO RETIREMENT

- 1 Prepare in advance.** Plan how you will spend your time. Remember "failing to plan is planning to fail." The retiree that falls into that trap soon finds boredom is not a great replacement for constant activity.
- 2 Incorporate your circle of friends into your new schedule.** The workplace is a natural setting for social interaction. Once it is gone, stimulating conversations can dry up. You will need to be intentional in connecting with friends who share common interests. Fraternal organizations are a great resource to remain connected to the Department.
- 3 Participate in something fulfilling.** Throughout your career you are in a state of constant hypervigilance. In retirement, that needs to be replaced by something that will stimulate your mind and fulfill your sense of accomplishment.
- 4 Delay major life changes in the first year.** Retirement is a major adjustment in life. There will be unexpected stressors that appear. Limit unnecessary strains as you transition to a new way of life. Avoid major financial changes. Your income is likely to change. Wait until your retirement income stabilizes before committing to new spending ventures. Often, sources of income can be delayed or recalculated to figures that differ from your expectations.
- 5 Take a year to evaluate your options.** Circumstances may require a change in plans. You may quickly discover that your preparation requires adjustments. Use caution when making new commitments. Do not journey into new endeavors without careful consideration.

- 6 Replacing your identity as a cop.** Retirement can be emotionally challenging. Once a cop, always a cop, but the reality is that you are no longer on the job. Use family and friends as a support structure. Enjoy a hobby or activity that will give you personal satisfaction and meaning.
- 7 Reinvest in your future.** You possess a wealth of knowledge gained during your career with the NYPD. Use the experience you gained to advance in future endeavors.

IMPORTANT RESOURCE

- ★ **Police Pension Fund**
233 Broadway, 19th FL,
New York, NY 10007, 212-693-5100
- ★ **Health Insurance Section**
1 Police Plaza, Room 1014,
New York, NY 10038, 646-610-5122
- ★ **License Division**
1 Police Plaza, Room 110A,
New York, NY 10038, 646-610-5560
- ★ **Shield, ID & Uniform Services Unit**
1 Police Plaza, Room 208,
New York, NY 10038
646-610-5150/6508/6086
- ★ **Payroll & Benefits Section**
1 Police Plaza, 10th FL,
New York, NY 10038, 646-610-6160
- ★ **Law Enforcement Safety Act (LEOSA)**
Policy for carrying a concealed firearm
www.USConcealedCarry.com
- ★ **Post Tour Processing**
Free, online peer support
www.ttmpt.org
- ★ **POPPA** ★ **POPPA Retiree Helpline**
212-298-9111 1-800-599-1085