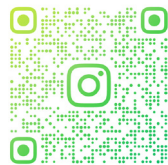


Mental health in law enforcement is an extremely concerning issue, with police officers seeing a constant increase in conditions such as PTSD, depression, and other mental health conditions.

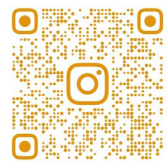
Mental health tends to be a highly stigmatized topic that is often improperly addressed. Police culture can reinforce this stigma and make it difficult for police officers struggling with these issues to look for help.

EAU therapy K9s have a unique ability to emotionally disarm individuals, making them comfortable and more open to receiving support.

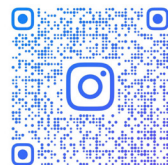
PLEASE FOLLOW US ON INSTAGRAM



DET_JENNY_NYPDEAU



DET_PIPER_NYPDEAU



DET_GLORY_NYPDEAU



Employee Assistance Unit

The Employee Assistance Unit (EAU) 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 EAU personnel and Members of the Service remain **CONFIDENTIAL**, EXCEPT in cases of criminality or suicidality.

EAU 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.

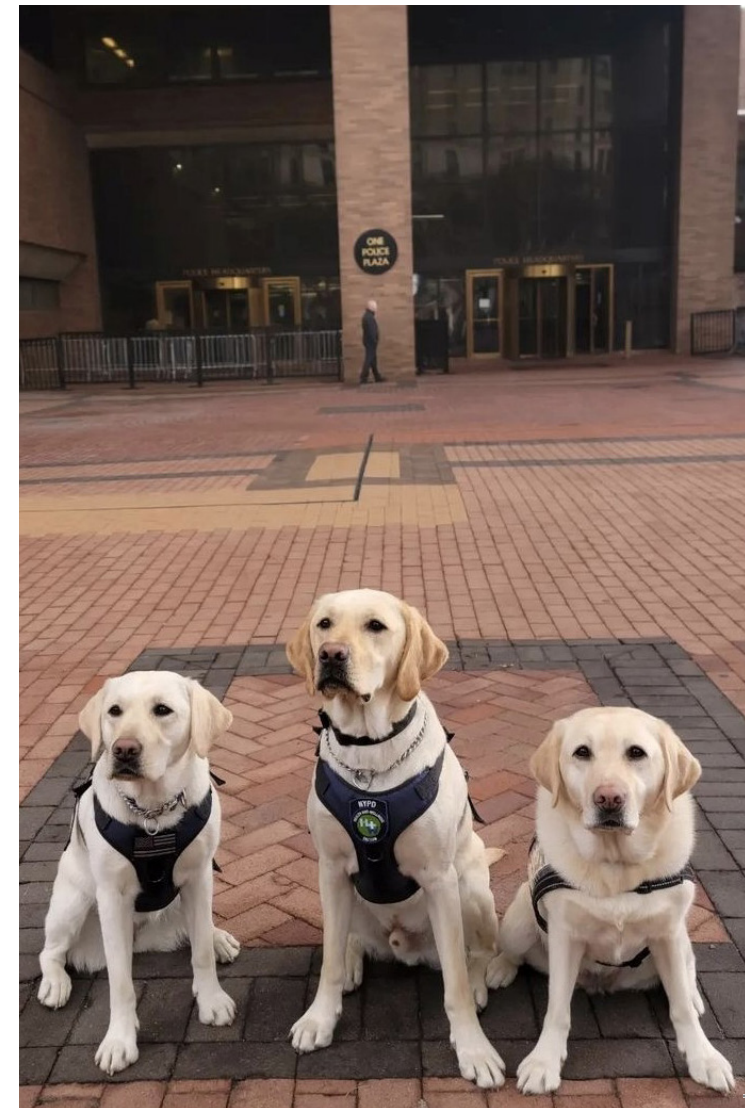
If it's important to you,
it's important to us.

Employee Assistance Unit

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

Employee Assistance Unit

Therapy K9 Program





K9 "Jenny" Shield #10
Handler: Det. Efrain Hernandez
Breed: Labrador Retriever
DOB: January 11, 2017

THERAPY K9 PROGRAM

In the summer of 2021, the Employee Assistance Unit instituted its new Therapy K9 program.

Jenny, Piper, and Glory, the Department's first therapy K9s, are now available to offer support to all Members of the Service.



K9 "Glory" Shield #63
Handler: Det. Theresa Mahon
Breed: Labrador Retriever
DOB: December 25, 2020

The therapy K9s' stable temperaments and friendly, easy-going personalities make them the perfect companions to provide comfort and affection to NYPD employees. They respond to critical incidents and visit precincts, police facilities, and hospitals. The dogs are accustomed to interacting with a variety of people while on-duty, and petting is not only welcomed, but also encouraged.



K9 "Piper" Shield# 85
Handler: Det. Ronald Thomas
Breed: Labrador Retriever
DOB: March 13, 2020

PUPPIES BEHIND BARS

The program's K9s were generously donated by the Puppies Behind Bars organization, where they underwent rigorous training in maximum security prisons by select incarcerated individuals. Their training involved thorough socialization and learning over 50 commands.

This program was made possible by the New York City Police Foundation in partnership with Puppies Behind Bars.

The Employee Assistance Unit therapy k9 handlers, as part of their training, spent two weeks in maximum-security prisons, learning skills and commands from incarcerated individuals who are hand selected to be in the program. Their efforts, devotion, and professionalism produce the finest quality working dogs.



New York City Police Foundation
Building a Safer City Together

www.PuppiesBehindBars.com

SERVICE DOGS VS. THERAPY DOGS

Service dogs are trained to carry out certain activities on their handler's behalf. They go through extensive, high-end, task-oriented training to assist their owners with impairments. While service dogs are taught to assist a single disabled person, therapy dogs work and socialize with diverse groups of individuals.

It is a therapy dog's job to provide comfort and affection to positively affect a person's emotional well-being. They are expected to interact with a wide range of people and should have a cheerful and welcoming attitude.

BENEFITS OF THERAPY K9S

Compared to the general population, law enforcement officers have a higher rate of anxiety, depression, PTSD, burnout, and other related mental health conditions.

Animal-assisted therapy can be a useful in working through many of these issues.. It can help provide relief from many issues and conditions, including:

- Stress
- Anxiety
- Depression
- Post Traumatic Stress Disorder

Therapy dogs are trained to be attentive to a person's needs and can often stabilize intense emotions.

In fact, simply interacting with a therapy K9 can lower a person's blood pressure.

Studies have shown that such interactions can increase the mood-boosting hormone, oxytocin, and decrease the stress hormone, cortisol.

