



You Wouldn't Hesitate to Make a Help Call While On-Duty

YOU REQUEST HELP WHEN IN DANGER OR FACING A THREAT.

Whether its shots fired or an ADW, as law enforcement, you know you can count on your colleagues to have your back and get the job done safely.

Help Calls aren't only for on-duty. Your partners are there for you, no matter what.

If you are experiencing trauma or burnout from the job, you aren't alone. A safe harbor, designed especially for you, is available.

Blue Harbor is a support group led by a law enforcement peer and a mental health professional to address the unique experience of the job, confidentially.

Our 8-week program covers:

-  Coping with on-the-job trauma
-  Stress and burnout
-  Fostering hope in times of crisis



Available to all law enforcement living or working in Orange or Los Angeles County.
To sign up, visit CrisisCare.org today!

About Didi Hirsch

For more than 80 years, Didi Hirsch has been a leading provider of mental health, substance use, and suicide prevention services and home to the first and most comprehensive suicide prevention center.

If you or someone you know is in a mental health or suicidal crisis, call or text 988 (24/7, free & confidential)

DidiHirsch.org

