



Resources for Law Enforcement Families

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| <p>Alabama Law Enforcement Alliance for Peer Support Emergency Line</p> <p>alleaps.org</p> <p>Emergency line: 1-833-219-2461</p> | <p>Peer support for LE agencies and their officers and dispatchers.</p> <ul style="list-style-type: none"> • Line-of-Duty Deaths • Officer-Involved-Shootings • LE Suicides • Suicide Prevention • Personal and Family Issues • Work Issues • LE-Friendly Counseling referrals <p>All members are Law Enforcement and Dispatch Certified Peer Support Specialists by the state of Alabama. All communication is confidential, protected by state law 36-21-14.</p> |
| <p>Alabama Wounded Blue</p> <p>alabamawoundedblue.org</p> | <p>Financial assistance for officers injured in the line of duty.</p> |
| <p>Philip Mahan Davis Foundation</p> <p>officerphilipdavis.com</p> <p>205-578-8763</p> | <p>Financial assistance to families for officers killed in the line of duty.</p> |
| <p>Blue Help</p> <p>bluehelp.org</p> | <p>Resources and education on LE suicide prevention and mental wellness.</p> |
| <p>COPLINE LE Crisis Hotline</p> <p>copline.org</p> <p>1-800-267-5463</p> | <p>Confidential crisis and talk line staffed by peer-trained retired officers.</p> |
| <p>Bradford Health Services First Responder Rehabilitation Program</p> <p>24-hour line: 205-547-2727</p> | <p>First responder substance abuse rehabilitation program. Participants are only amongst other first responders. Alcohol and prescription pills are the top substances abused by first responders.</p> |

Resources for Non-LE Related Families

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| <p>Psychiatric Intake Response Center (PIRC) 205-638-7472</p> | <p>Children’s Hospital adolescent and teen mental health service-finder</p> |
| <p>Veterans Crisis Talk/Text Line 1-800-273-8255 – press “1” Chat online: veteranscrisisline.net Text: 838255</p> | <p>A free, confidential resource available to any Veteran, even if they are not enrolled in VA health care or registered with VA.</p> |
| <p>Crisis Center 205-323-7777 or 1-800-273-8255</p> | <p>Crisis and suicide talk line. Resource finder. Our staff is non-judgmental and is available by phone 24 hours a day, 7 days a week, 365 days per year.</p> |
| <p>Crisis Center Teen Talk and Text Line UTALK 205-328-5465</p> | <p>A text enabled youth hotline available 7 days a week for children aged 6 - 18. UTalk gives young people of Central Alabama a safe, supportive place to process feelings and life events - large and small - when faced with challenging issues and uncertainty.</p> |
| <p>Crisis Center Senior Talk Line 205-328-8255</p> | <p>A free telephone reassurance service for senior citizens, their caregivers, retirees and widowed persons, grandparents and others who might find comfort in having a counselor call them on a regular basis to talk.</p> |
| <p>Employee Assistance Programs</p> | <p>If your family member’s agency has an employee assistance program, they typically assist with family counseling matters, financial situations, and other total wellness programs. Depending on the region of Alabama, they may utilize the same LE-friendly counselors that peer support utilizes.</p> |
| <p>Middle Alabama Agency on Aging (M4A) 205-670-5770</p> | <p>Resources and services for caregivers of older individuals who are becoming disabled or need assistance.</p> |
| <p>Recovery Resource Center (RRC) 205-458-3377</p> | <p>No cost walk-in recovery resource finding agency.</p> |
| <p>Recovery Organization of Support Specialists (ROSS) 205-848-2112 24-hour talk line: 1-844-307-1760</p> | <p>Peer recovery organization offering support to individuals and families.</p> |
| <p>Parents of Addicted Loved Ones (PAL)</p> | <p>Support group for spouses and loved ones of individuals with a substance use disorder.</p> |
| <p>National Domestic Violence Hotline Online chatting: thehotline.org 1-800-799-7233</p> | <p>A 24-hour confidential service for survivors, victims and those affected by domestic violence, intimate partner violence and relationship abuse</p> |

Websites

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| How2LoveOurCops.org | Resources for police families. |
| policewives.org | Offers support forums and charitable efforts for families of law enforcement officers. |
| NationalPoliceWivesAssociation.org | Support and assistance for families of law enforcement. |
| wivesonduty.com | Faith-based encouragement for cop wives, now in 5 states. |
| copswives.com | Offers support and encouragement for wives of police officers. |
| lawofficer.com | More for the policeman himself, also a good resource for information. |
| nationalcops.org | Concerns of Police Survivors – an organization that assists families who've lost a family member in the line of duty. |

Books

- “A Marriage in Progress: Tactical Support of Law Enforcement Relationships” – Victoria Newman
- “Lives Behind the Badge” – Kristi Neace
- “Beyond the Blue” – Kristi Neace
- “I Love a Cop” – Ellen Kirschman, PhD
- “Emotional Survival for Law Enforcement” – Kevin M. Gilmartin, PhD.
- “A Chip on My Shoulder” – Victoria Newman
- “Suicide Is Not An Option” – Tim Rupp