

FIVE STEPS

TO HELP AN OFFICER SEEKING SUPPORT



BJA
Bureau of Justice Assistance
U.S. Department of Justice

SAFLEO
National Suicide Awareness for
Law Enforcement Officers Program

HOW CAN I HELP?

IF A BROTHER OR SISTER IN UNIFORM ASKS FOR HELP, WILL YOU BE READY? YOU MAY BE THEIR LIFELINE AT THAT MOMENT.
BE PREPARED TO HELP. YOU MAY NOT HAVE ANOTHER CHANCE.

BE PRESENT

- They are reaching out for help.
- Our demeanor should be supportive. They are valued and important. Make sure they know it.
- Understand that it took courage for them to be vulnerable.
- Show sincere empathy, tell them that you care.
- Go to a safe and quiet place without disruptions, if possible.
- Make time to follow up.

BE A TRUSTED RESOURCE FOR HELP

- Ask them what they need and how you can help.
- Do not rush to solve their problems for them.
- Be familiar with available resources and services to help.
- Help them connect with a culturally competent mental health professional.

BE DIRECT

- Ask clearly about their safety—
"Are you safe right now?"
"Do you feel like hurting yourself?"
- Tell them what you are going to do to help.

BE AN ACTIVE LISTENER

- Be comfortable with pauses and silence.
- Your time to speak will come. First, listen to understand.
- Let them speak freely.
- Ask open-ended questions.
- Avoid being judgmental; acknowledge their emotions.
- Control your emotions.
- Show empathy.

BE SUPPORTIVE AND DEVELOP AN ACTION PLAN

- Understand that you may not have all of the answers.
- Understand that you may not be the one who helps them address their problems.
- You can provide support and help them remove barriers to help-seeking.
- Continue to be there for them; walk with them on their journey to wellness.

**SUICIDE & CRISIS LIFELINE
CALL 988**

or contact the **CRISIS TEXT LINE**
by texting **"BLUE"** to **741741**

**IF YOU OR SOMEONE YOU KNOW IS
EXPERIENCING A CRISIS, IMMEDIATE
RESOURCES FOR HELP ARE AVAILABLE.**



THIS INFOGRAPHIC SUPPORTS THE SAFLEO WEB EVENT ENHANCING RESILIENCE BY EMBRACING COURAGEOUS VULNERABILITY. WE ENCOURAGE YOU TO VIEW A RECORDING OF THE WEB EVENT BY VISITING SAFLEO.ORG.



MTAPD PEER RESOURCES



FORGE HEALTH



GUARDIAN REVIVAL



CALM SEAS



NYLEAP



COPLINE



CTS THERAPY



METTLEWORKS



**SOUTH SHORE
COUNSELING**



HEALTHGRADES



CALL or TEXT



On Track Wellness

supported by Northwell Direct

(833) 935 - 5682



MTAPP PEER Team Roster

Name	Number	Email	Name	Number	Email
Meghan O'Connor	516-972-0222	meghanecconnor@gmail.com	Paul Burwell	914-314-3658	Paburwell.law@gmail.com
Chris D'Onofrio	347-231-2427	C.Donofrio1058@gmail.com	Anthony Merkerson	347-432-4807	Aimerk23@gmail.com
Frank Brucella	516-902-4952	FABrucella@gmail.com	Joe Greco	516-805-3277	jgmtappd@gmail.com
Anthony Tortora	914-479-7675	NYVankeesNYGiant@aol.com	Samuel Thomas	917-992-5706	Pwvantageh@gmail.com
Sherril Walls	203-530-0478	Sherril1725@yahoo.com	Victor Cipriano	516-606-7815	Vmcny@yahoo.com
Gabriella Marino	631-671-2936	Gabriellamarino123@gmail.com	Amanda Rose	845-702-6095	amrose004@gmail.com
Michael Impemba	646-315-3982	Mimpemba@gmail.com	Matthew Styles	347-850-5301	matthewstyles71@yahoo.com
Vincent Russo	631-806-6875	Vincerusso12@yahoo.com	Yousef Lahmar Cherif	347-458-5061	Yousef-ny@live.com
Eric McEvoy	516-660-0604	Eric51397@gmail.com	Lauren DiSanza	845-392-4158	Ldisanza817@gmail.com
Ryan McHale	631-800-1622	Peerteam.Mchale@gmail.com	Jack Cleary	631-707-2896	jkmc620@gmail.com
Geury Cruz	347-933-8494	Geurycruz002@gmail.com	Laura Murphy	516-242-7617	laurapmurfphy1@gmail.com
Danielle Hughes	845-249-5463	Daniellehughes0515@gmail.com	Lisa Albano	516-322-2715	lisanalbano@gmail.com
Nicholas Cappiello	516-521-5486	Caps232001@yahoo.com	Phillip Carroll	631-896-8616	Carroll.philip@outlook.com
Jonathan Frohnoefer	631-495-9675	JFrohnoefer1@gmail.com	Kevin Deganan	914-755-9146	Kevin.Degnan22@gmail.com
Michael Lampasona	516-851-4733	MLampass29@gmail.com	David Lawrence	631-987-7465	dlaw72008@gmail.com
Bernard Rupnarine	845-270-0159	Brupnarine@yahoo.com	Justin Hayden	516-724-3665	jhaydenpeer@gmail.com
Gregory Jemison	631-831-2568	Gjemison55@gmail.com	Michael Lanzetta	516-204-2025	Michael.Lanzetta93@gmail.com
Joseph Takacs	631-767-0164	joeytakacs@yahoo.com	Andrew Pasquarella	631-697-7442	boxer83096@yahoo.com
Douglas Cohen	516-852-7571	Doog826@aol.com	Danilo Rodriguez	646-302-1497	Danecc55@aol.com
Chelsea Christonikos	845-709-0713	Chelsealeigh15@hotmail.com	Yashika Morales	347-742-4867	yashikamorales@yahoo.com
Ryan Reynolds	631-560-3091	Ryan.Reynolds495@gmail.com	Jassen Cabrera	917-535-0568	jcabrera108@hotmail.com
Bevin Staker	631-513-3064	Mcgeebevin@gmail.com	Richardo Jonas	347-634-3779	Richardo.Jonas@gmail.com
Sean Jemmott	646-226-6721	Sean.Jemmott00@gmail.com	Jouan Olivares	631-339-6021	olivaresjay23@gmail.com
Shanica Porter	347-604-3907	Shanica.Porter@gmail.com	Quincy Grigsby	347-612-6288	Qgrigs@gmail.com
Jay Montesdeoca	347-586-6573	Jay.Montesdeoca@gmail.com	Mike Pizzo	516-383-6656	Mpizomta@optonline.net
Charles Pisanelli	845-590-8161	cmpisanelli@gmail.com	Phil Schoppmann	516-330-4923	peer6239@yahoo.com
Ana Martinez	917-742-2375	Afmartinez310@gmail.com	Gina Villar	347-307-1953	Ginavillar57@aol.com
Caitlin Martin	631-327-8577	Caitlin.martin0624@gmail.com	Christian Geraldino	646-645-9995	Christiangeraldino44@gmail.com
Michael Burns	845-323-7118	brnz725@aol.com			
Luis Gonell	917-771-0576	Gonell2510@gmail.com			