

Don't Suffer in Silence

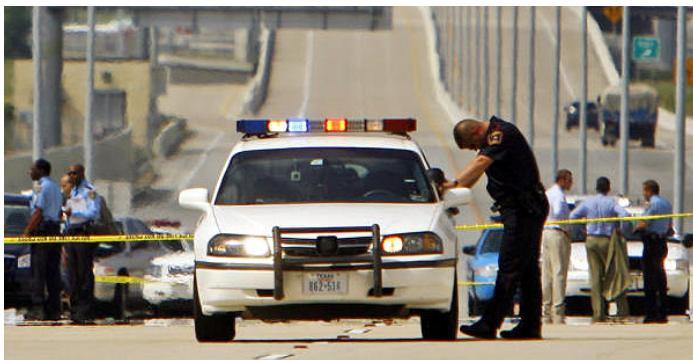
Facing the Difficulties of Your Profession

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Dedicating one's life to public safety can be treacherous to the soul; dealing with cases involving child abuse, sexual molestation, fatalities, or other traumatic events can wear first responders down physically and emotionally. While some find healthy means to cope with the constant pressures of the job, others discover the stress of dealing with the worst that society has to offer can become too much to handle and find themselves mired deep in self-medication, using drugs and alcohol to dull the pain. Oftentimes, the struggles impact more than just the individual; they affect their family and friends as well.

Traditionally, the public safety professions have unofficially mandated employees to "suck it up and deal with it" when it came to coping with the difficulties of the job and the aftermath that potentially can follow. Working in a culture that sweeps problems under the rug, coupled with Employee Assistance Programs (EAP), which are well intended but typically offer little comfort to the first responder community, has created an environment where public safety employees feel they have no trusted place to turn for help with their personal struggles. However, there is hope for first responders with Safe Call Now®, a non-profit organization committed to helping public servants get the assistance they need and get their lives back on track. This allows those in crisis the ability to discuss their struggles without fear of recourse.

Created in 2009 as a regional resource in the Seattle, WA area, Safe Call Now® has expanded its outreach nationwide and offers a confidential, 24/7 crisis hotline



Confidential
Help Safe
Call Now!
206-459-3020



manned by current and former public safety employees. First responders or their family members who find themselves struggling with substance abuse, PTSD, suicidal tendencies, mental health issues, financial strife, or in the middle of any other crisis can find trustworthy assistance by calling Safe Call Now®'s hotline at 206-459-3020. Protected by legislation in the State of Washington, those seeking help through Safe Call Now®, no matter where they are calling from in the country, can take comfort in knowing information divulged to the call-takers is protected by law and will not be disseminated without the caller's consent. This allows those in crisis the ability to discuss their struggles without fear of recourse.

Safe Call Now® understands public safety employees and knows it's imperative to provide them with trusted resources. Whether a caller is referred to a chaplain, to a financial coach, or to a treatment facility; first responders reaching out to Safe Call Now® can be assured that they'll be connected with quality services that have undergone a vigorous vetting process. Those reaching out for help can have confidence that Safe Call Now® will provide them with the highest level of care available to first responders.

In Safe Call Now®, those struggling with hardships resulting from a career in public safety now have a trusted place to turn. If you or someone you know needs assistance coping with life's challenges, trusted advice from people who care is just a phone call away. Call Safe Call Now® at 206-459-3020.