



FOR IMMEDIATE RELEASE



Let's Stand Together, Idaho, to help our Everyday Heroes and our communities by restoring hope, facilitating opportunities for healing, building resilience, providing peer support, and breaking the stigmas surrounding mental health!

IDAHO LAW ENFORCEMENT NEWS

Idaho – The Idaho State Fraternal Order of Police (FOP) is proud to partner with **Courageous Survival**, connecting Idaho's First Responders and their families with Peer Support as well as resources for mental health and wellness.

OFFICER WELLNESS - We take officer wellness seriously. Visit the National FOP Officer Wellness page or the Courageous Survival website for crisis hotlines, resources, training, webinars, and a list of vetted wellness providers who understand Law Enforcement and can help you, your family, or your co-workers. *See the attached *Idaho's Courageous Survival Everyday Heroes Guide to Better Health & Wellness*.

NEVER BE AFRAID TO REACH OUT FOR HELP

www.FOP.net/officerwellnes
www.courageoussurvival.org/resource-guide
1-866-CS4Idaho (274-4324)



A Collaborative Effort - Joining forces allows us the ability to make a larger impact in connecting our Law Enforcement Officers, as well as all first responders, military service members, veterans and their families with the resources they need, not just to survive, but to thrive.

Currently, Idaho is in a battle ranking our state 50th in the US for Mental Health & Wellness resources. Together, we are working to flip those statistics around so that Idaho is leading the way in breaking down the stigmas surrounding mental health.

We feel it is crucial to open discussions on the importance of mental health. Not only is it critical to give people the tools for times of crisis, but to learn to build resilience, and maintain one's mental health. It's also important to talk about recognizing how exposure to trauma, whether experiencing it personally or responding to it, can deeply impact us. Post-Traumatic Stress Injuries often go unrecognized or unacknowledged, leading to PTSD or other debilitating health issues. These lasting effects of trauma can impact first responders, their families and the community, as well as survivors of trauma, and can be devastating over time if the right resources are not readily available.

Many agencies have their own peer support and employee assistance programs. Courageous Survival is committed to filling in the gap for agencies that do not have this resource, individuals who are no longer connected to an agency, or individuals who simply want a more discrete and anonymous place to connect. Please note - the Courageous Survival Enhanced Peer Support Teams are NOT clinicians and are NOT specifically intended for crisis intervention.

*The Idaho Fraternal Order of Police (FOP), at over 2400 members in 30 local lodges statewide, is the largest organization of Law Enforcement Professionals in Idaho, dedicated to the safety and protection of those whose job it is to protect the communities they serve.

CONTACT:

Jacki Briggs, Courageous Survival Director
1.866.274.4324 Ext. #0 courageoussurvival@gmail.com

CONTACT:

Bryan Lovell, Idaho State Fraternal Order of Police President
208.317.2787 BryanLFOP@gmail.com