



59

Reported Suicides
by law enforcement
officers
in August 2024.

228

Reported
Suicides
versus 132 line of duty
deaths in 2019.

**Increased
Risk For**

substance abuse, obesity,
elevated physical
and mental health risks, &
disruptions in
relationships.

Who are first responders?

- Police
- EMT / Paramedics
- Firefighters
- 911 Communications



Additional individuals who may be on the front lines include: Corrections Officers, Military, Search and Rescue, Medical Staff, Crime Scene Investigators, & more!

What Treatment is Available for Me?

- Cognitive Behavioral Therapy (CBT)
- Eye Movement Desensitization & Reprocessing (EMDR)
- Trauma - Focused Therapy
- Prolonged Exposure
- Mindfulness, Meditation, and Yoga

Abigail Halaus, MA, LPC

Certified First Responder
Counselor.

Trained in Eye Movement
Desensitization and
Reprocessing (EMDR).

Working background includes
anxiety disorders, depression,
self-injurious behaviors,
suicidal ideation, and trauma.



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