

# OFFICER SUICIDE PROTOCOL CHECKLIST

BY TACMOBILITY

## COMMUNICATION

It's imperative that all ranks of the agency acknowledge the tragedy that has just occurred. Refrain from adding graphic details and avoid using this news to profit existing initiatives.

- Email from Chief & supervisors
- Phone call to officers family
- Alert your clinicians, peer support and chaplains
- Wheel of emotion language

## COMMUNITY

Suicide is a very confusing and life altering event, connecting with people you trust, love or even simply work with is necessary to process thoughts and emotions that arise.

- Peer Support availability
- Catered food/department wake
- Squad debrief led by supervisors
- Positive coping skill group challenge
- Suggest officers inform spouses/significant others

## PROFESSIONAL SUPPORT

Grief is complicated and mental health professionals not only understand the nuance of loss but also have many forms of therapy and support that can bring healing to your employees.

- First responder aware clinicians
- Retreats
- Support groups
- Mental Health facilities
- Recovery Centers

## SELF-CARE

When the body is experiencing uncomfortable or negative emotions, taking care of one's self becomes less of a priority. Do not discount how much self-care helps the body feel better.

- Proper sleep hygiene
- Avoid or limit news and social media
- Take time off
- Noise cancelling earbuds
- Positive coping skills

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## DIET

Many of the body's functions are negatively impacted by neurotransmitters associated with loss and Fight or Flight. We can use diet to support these changes to promote functional systems.

- Avoid alcohol and processed sugar
- Vitamin D, Omegas, Magnesium
- Greens and cold pressed juices
- Pre and probiotics for gut health

## FREE THERAPY

One of the greatest hurdles in pursuing professional mental health care is cost. Provide information on scholarships, bills or initiatives for free support resources.

- The Overwatch Collective
- Code 4 Foundation
- 100 club (check availability)
- First Responders Foundation
- Concerns of Police Survivors

## SUPPORT HOTLINES

Grief, anger, disbelief, etc come in waves. Make sure that support hotline numbers are posted. Have supervisors call hotlines ahead of time to know how they work.

- Suicide Prevention Hotline  
800-273-8255
- Copline 800-267-5463
- Cop2Cop 866-267-2267
- Blueline Support 855-964-2583
- Safe Call Now 206-459-3020
- First Responder Support Network  
415-721-9789

## BODY REGULATION

When traumatic events occur, the body becomes fixated on seeking safety through uncomfortable sensations such as anxiety, rumination and isolation. The body needs to be regulated.

- Breathing techniques
- Bilateral drawing/scribbling
- Walking/Hiking
- Dry or stream sauna
- Deliberate cold exposure
- Guided mediation
- Mobility/Yoga

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