

# Warning Signs:

- Excessive Drinking
- Prescription Drug Abuse
- Finances in Turmoil
- In Need of Family Counseling
- Struggling with Addiction
- Marital Issues
- Depression
- Erratic Behavior
- Loss of Interest in Job
- Suicide Attempt
- Alienation
- Changes in Weight / Appetite
- Feelings of Hopelessness
- Unable to Sleep

All communications to Safe Call Now are guaranteed to be confidential nationwide per Revised Code of Washington RCW.43.101.425



# PROUD SUPPORTERS of our Mission:



Washington State  
Council of Fire Fighters



Predictable is Preventable



SOUTHWORTH  
ASSOCIATES



"Saving the lives of those who protect us"

206-459-3020

www.safecallnow.org



Safe Call Now is a registered non-profit 501(c)(3) designated as a public charity.  
Federal Tax ID# 26-343-0343



"Saving the lives of those who protect us"

Safe Call Now is a confidential, comprehensive, 24-hour crisis referral service for public safety employees and all emergency services personnel and their family members nationwide.

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"I have a new appreciation for love and life that has not existed in many years. I am truly blessed to experience life now. If you are reading this and have not made that first step, DO IT! Call Safe Call Now so you can get the help you need. I promise you this side is so much brighter and you can experience being happy and healthy once again!"

*-Kevin Hagen, Chief of Police, Fairfax PD*

## TESTIMONIALS:

"I am especially grateful to Safe Call Now as two years ago they saved my life. Today, I am celebrating two years clean and sober with a life better than I had imagined."

*- Rhonda Lasley, Police Officer*

"Even in the best police agencies, the level of internal scrutiny inherent in this high risk job often makes it difficult for an employee to reach out to his or her department in a desperate time of need. Safe Call Now offers an independent lifeline with no strings attached to anyone or anything that might otherwise represent an obstacle to recovery."

*- Daniel C. Alexander, Chief of Police, Boca Raton PD*

"I can think of no other profession that has the potential for daily life altering ramifications than the job of a first responder. Sean Riley learned this the hard way and now has made it his mission to see that no one else has to suffer the psychological and physical hardship that can result from working to protect, serve and save lives. Having worked directly with Sean, I can attest to his dedication, passion and love for first responders and his desire that the casualties that can result from such noble work are minimal. Sean Riley truly has taken the motto to protect and serve back to his own and with Safe Call Now he has provided us with a lifesaving resource to help secure futures for after the job is done. Safe Call Now is the prototype for providing the kind of support that allows first responders to minimize their own risk while maximizing their sacrifice for others."

*-Laura A. Brodie, Ph.D Clinical and Forensic Psychologist*

# Public Safety is a Stressful Demanding Career...

## What's the issue?

You keep communities safe. You protect life and property. You enforce laws. You resolve conflicts. Public Safety rests on your shoulders. What happens when your personal life and career are out of balance? You are going through a divorce? Your finances are out of control. You can't sleep. A traumatic event at work is haunting you. Drugs and Alcohol seem to lessen the effects. Don't ignore the warning signs. Safe Call Now was established by public safety employees for public safety employees. Talk to someone who understands the stressful demands of your work. It's a simple and confidential phone call away.

## What can I do?

Warning signs exist, but if I seek help I could lose my job. Many officers have the perception that addiction is only something you encounter on the streets during a drug bust or an arrest; however, it has been estimated through multiple studies that abuse and addiction among law enforcement officers runs somewhere between 20-25%. This figure is twice the national average of the general population. We are human beings who are put into some unthinkable situations performing a frustrating duty for a demanding public. Before you lose another friend, partner, spouse or one of your own, consider a simple phone call to Safe Call Now.

## Safe Call Now

Safe Call Now is a resource for public safety agency employees to speak confidentially with officers, former law enforcement officers, public safety professionals and/or healthcare providers who are familiar with your line of work and who may have endured the same struggles. This resource is NOT tied to Fitness-For-Duty or EAP.

**POLICE LINE DO NOT CROSS**

## Mission:

Safe Call Now is a confidential, comprehensive, 24-hour crisis referral service for public safety employees, all emergency services personnel and their family members nationwide.

## Vision:

Safe Call Now provides education, healthy alternatives and resources to save lives and put families back together.



**It takes a special kind of person to protect the lives and property of others. You can't do this job effectively if you don't take care of yourself. It's simple and confidential.**

**MAKE A SAFE CALL NOW**

**206-459-3020**



**POLICE LINE DO NOT CROSS**