



## **SPOUSAL CARE & COMPASSION FATIGUE**

This affects family members of Law Enforcement Officers. It is important for the spouse to recognize that just hearing about the events of your officer's day can affect you. It may not be immediate, but over time you could be suffering from the affects of your officer's trauma.

This is also known as Secondary PTSD.

### **Be kind to yourself and seek out counseling if any of these signs or symptoms last over 30 days and affect your daily life:**

- \* Preoccupation with trauma/event, spacing out, loss of meaning, self-doubt
- \* Anxiety, guilt, anger/rage, overwhelmed, depleted energy, impaired immune system, joint and muscle pain
- \* Impatient, withdrawn, irritable, sleep disturbance, losing things, loss of purpose, lack of self-satisfaction
- \* Lonely or withdrawing from relationships, overprotective, questioning religious beliefs

### **Suggestions to alleviate some of the minor symptoms connected to your daily life:**

- \* Seek out a counselor, or ask a trusted advisor to be your mentor, plan to meet with them once or twice per month to talk through life concerns.
- \* Reach back into your forgotten interests and talents. Plan to develop them once again as a self-nurture activity, giving you something to look forward to on a weekly basis.
- \* Connect with your life's compass by attending a local church, joining a community group or other support/organization that encourages spiritual growth.
- \* Think about learning again. There are so many podcasts and YouTube channels that offer a variety of easy instructions for anything from music lessons to distressing furniture to car repair.



## **HOW TO HELP OFFICERS**

Within 24-48 hours of an officer involved critical incident or traumatic event, your officer should: keep busy, stay away from alcohol, rest, drink water, eat well, journal. If the signs or symptoms below cause you alarm or last over 30 days, (see back) please call a resource number for them, they will not likely call for themselves.

### **Post-Traumatic Stress Disorder**

PTSD may develop after a person is exposed to events such as injury or threat of death. A traumatic event could create a deep neurological pattern in the brain. These patterns may persist long after the event, resulting in hyper-responsiveness to future situations if not addressed.

### **PTSD: OFFICER SIGNS AND SYMPTOMS**

- \* Physical - chest pain, chills, difficulty breathing, dizziness, elevated blood pressure, fainting, fatigue, grinding of teeth, headaches, muscle tremors, nausea, profuse sweating, rapid heart rate, thirst, twitches, visual difficulties, vomiting, weakness
- \* Cognitive - blaming, confusion, decreased awareness, disorientation of person/place/time, heightened alertness, hyper vigilance, increased awareness, intrusive images, poor attention/decisions/concentration/problem-solving, nightmares, uncertainty, lowered alertness, suspiciousness
- \* Emotional - agitation, anxiety, apprehension, depression, denial, emotional outbursts, shock, overwhelmed, fear, guilt, grief, loss of or inappropriate emotional response, anger, irritable, panic
- \* Behavioral - antisocial, inability to rest, speech patterns, pacing, erratic, loss or increased appetite, increased alcohol intake

**SAFE SOCIAL MEDIA FOR SPOUSES:**



**Instagram:** peaks\_and\_valleys\_clc, proudpwife, ammoandgrace, policewivesofamerica, blue\_wives\_tribe, bibleandbullets

**Facebook:** Faith.wife.hero, Wives On Duty Ministries, Law Enforcement Today

**PODCASTS:**

[Code4Couples.com](http://Code4Couples.com) Cyndi Doyle

Blue Wife Life

**CHILDREN OF OFFICERS:**

[PoliceKidsBooks.com](http://PoliceKidsBooks.com)

**BOOK SUGGESTIONS:**

Officer Involved Spouse, Linda Seitz

I Love A Cop, Ellen Kirschman

Ammo + Grace: The Devotional, Cote Anne

A CHIP On My Shoulder, Victoria Newman

Cuffs & Coffee, Allison P. Uribe

The Peacemaker's Wife, Rebecca Lynn

**WEBSITES:**

[HelpForPolice.com](http://HelpForPolice.com)

[PoliceOne.com](http://PoliceOne.com)

[TheIACP.org](http://TheIACP.org)

[CalibrePress.com](http://CalibrePress.com)

[Code9.org](http://Code9.org)

**COUNSELING:**

Dr Gina Gallivan Ph.D., ABPP 424-289-0299

Elizabeth Rivas, LMFT 714-274-5744

[TheCounselingTeam.com](http://TheCounselingTeam.com) 1-800-222-9691

[SafeCallNow.org](http://SafeCallNow.org) - Crisis Referral

[www.PeaksandValleys.life](http://www.PeaksandValleys.life) - Coaching LEO and Christian marriages through curriculum



**OFFICER HOTLINES:**

[SafeCallNow.org](http://SafeCallNow.org) - 206-459-3020

[CopLine.org](http://CopLine.org) - 1-800-267-5463

National Suicide Prevention Lifeline - 1-800-273-8255

Cop-To-Cop 24 Hour Help Hotline - 1-866-COP-2COP

Code 999/Peer Trauma Support 424-289-0299

**WEBSITES:**

[HelpForPolice.com](http://HelpForPolice.com)

[PoliceOne.com](http://PoliceOne.com)

[TheIACP.org](http://TheIACP.org)

[CalibrePress.com](http://CalibrePress.com)

[Code9.org](http://Code9.org)

[BlueHELP.org](http://BlueHELP.org)

[Code999.com](http://Code999.com)

**BOOK SUGGESTIONS:**

Officer Involved Spouse, Linda Seitz

ARMOR Yourself, John Marx

Turning Tragedy Into Victory, Dr. Larry Blum

Emotional Survival For Law Enforcement, Kevin M. Gilmartin

Devotions & Prayers for Police Officers , Steven J. Voris

Badges & Budgets, Jason Hoscouer

**SOCIAL MEDIA/SERVICES:**

etl\_community - Christ-centered community/mentorship/  
bible studies, video/in-person speaker series

biblesforleo - Peer support, Prayer, Bibles & Life Kits

lawenforcement\_today - current events regarding LEOs

[www.PeaksandValleys.life](http://www.PeaksandValleys.life) - Coaching LEO and Christian marriages through curriculum