

## DEPRESSION

Many people in their lives, at one point or another, feel depressed. Depression is often expressed as a loss of joy or a withdrawal from activities one previously found pleasurable. If this continues for an extended period, it is time to seek help. Over 60% of the people who die by suicide suffer from prolonged depression. While most depressed people are not suicidal, the majority of suicidal people suffer from depression, which greatly increases the risk of taking their lives.

Be mindful that depression is not something you should be ashamed of, or a sign of weakness. There is always hope, and it is important to recognize that depression is a treatable medical condition.

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**Suicide doesn't  
end the chances  
of life getting  
worse, it  
eliminates the  
possibility  
of it ever  
getting better.**

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## Employee Assistance Unit

The Employee Assistance Unit (EAU) is designed to assist Members of the Service who are experiencing personal and/or professional problems. The early identification and resolution of these problems can minimize the impact on a member's career or home life.

Referrals are accepted from fellow Members of the Service, unions and fraternal organizations, family, and friends.

Our unit is **NOT** a disciplinary arm of the department. Communications between EAU personnel and Members of the Service remain **CONFIDENTIAL**, EXCEPT in cases of criminality or suicidality.

**EAU IS AVAILABLE 24/7** by phone or in person. Peer counselors will meet you, and care for you, where and how you are most comfortable.

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If it's important to you,  
it's important to us.

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## Employee Assistance Unit

90 Church Street  
Suite 1209  
New York, NY 10007  
646-610-6730

# Employee Assistance Unit

## Suicide Prevention



## RECOGNIZING DEPRESSION

If you have a combination of any of the following symptoms for at least two weeks, it could be a sign of depression:

- Change in appetite or weight
- Speaking or moving with unusual speed or slowness
- Change in sleeping patterns
- Decrease in sexual desire
- Feelings of worthlessness, self-reproach, hopelessness or guilt
- Diminished ability to concentrate
- Slowed thinking or indecisiveness
- Feeling out of control
- Speaking of death or suicide
- Fatigue or loss of energy
- Constant worrying
- Isolation and withdrawal

## FACTS ABOUT SUICIDE

Talking about the causes, risk factors, and prevalence of suicide provides the best opportunity for prevention.

- Law enforcement officers are twice as likely to die by suicide than in the line of duty.
- Most suicide attempts among the general population are not fatal. Suicides that involve a firearm have a fatality rate greater than 82%, with a majority of them happening at home, using the officer's own service weapon.
- Relationship and marriage difficulties are a major contributor leading to suicide by members of the NYPD.
- Each year the NYPD suffers the loss of approximately 4 uniformed Members of the Service to suicide. In 2019, 10 active uniformed Members of the Service died by suicide, prompting the creation of the Health & Wellness Section.
- Alcohol is a major contributor to death by suicide.

## SUICIDE RISK FACTORS

- Relationship difficulties
- Family problems
- Depression and anxiety
- Financial problems
- Substance abuse
- Legal troubles
- Identity issues
- Exposure to traumatic events

If you or someone you know is experiencing one or more of these risk factors, consult with the EAU for advice. Statistically, having these stressors combined with the availability of a firearm can be a cause for concern.

## HELPING A SUICIDAL PERSON

Throughout your career, you will encounter many stressful situations. This could include helping an officer who might be experiencing suicidal thoughts. These conversations can be difficult, as speaking with a fellow officer who is in crisis can be uncomfortable. Be mindful to keep your voice calm and talk slowly, while validating the human side of a fellow Member of the Service. This is a serious issue so actively listen, show support and normalize their concerns. You have no hesitation to run towards danger when you hear a 10-13 come over the radio. You need to be ready if a fellow MOS reaches out to you with an "emotional 10-13."

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If a colleague has the courage to confide in you, stop what you are doing and listen.

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The conversation might be tense. Show that person you are actively listening by repeating what they have said. Be empathetic and acknowledge their feelings. Take this conversation seriously and get the assistance of a trained Employee Assistance Unit Peer Counselor. Often, people promise to keep talk of suicide in the utmost confidence, for fear of hurting a friend's career. If someone expresses these thoughts, we have an obligation to act, and get them connected to the appropriate care and resources. Helping that individual can quite literally save a life.

**SUPPORT IS  
AVAILABLE 24/7  
CALL ANY TIME  
646-610-6730**