

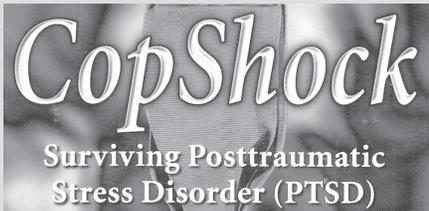
WHAT CAN WE DO?

Tears of a Cop (TOAC) has a mission to make citizens across the country aware of the hidden dangers inherent with an occupation in law enforcement. Unlike the risks of a possible line-of-duty death (which most everyone understands as an unfortunate possibility on the job), our voice is to raise awareness on the silent killer... suicide. The truth is, more police officers die from suicide than from line-of-duty deaths. The unseen wounds of job-related stress usually develop slowly over the course of an officer's career. Burglaries, murders, child abuse, car accidents, shootings, shift-work, etc. Dealing with these elements on a daily basis is how *unseen wounds* of an officer begin to manifest. And since we do not "see" these battle scars, in our ignorance, we choose to pretend they have no merit. One by one another symptom may appear unnoticed... Upset stomach last month. Disturbing dreams the month before. This month it's chest pains. Very common ailments, but when they persist and continue to coexist with each other, it very well may be your body's way of saying "enough is enough". Undiagnosed and untreated PTSD leads to feelings of hopelessness, despair and much too often... suicide.

One way to help stop the statistics of an ever-growing population of police PTSD and suicide is to promote and acknowledge the problem. In doing this, we hope to implement more stress management programs within the law enforcement community. Prevention means less PTSD and less suicide. Prevention can save lives.

TOAC is a volunteer organization and we are not affiliated with any federal or law enforcement agencies. Please consider volunteering your services, or making a donation to cover printing, postage and advertising costs. (We are not yet 501(c) (3), so at this time the donations are not tax-deductible.) If you would like further information, email badge000@tearsofacop.com or write us at:

TOAC, P.O. Box 8858, Norfolk, VA 23503.

 <p>CopShock Surviving Posttraumatic Stress Disorder (PTSD)</p>	<p>\$19.95 plus shipping & handling To Order call 520-616-7643 Fax 520-616-7519 In the USA, call the toll-free 888-436-1402 Or Mail to: Holbrook Street Press, P.O. Box 399, Cortaro, AZ 85652-0399 USA Website: http://www.copshock.com</p>
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TOAC Directors and Associates

Cheryl A Rehl-Hahn - Executive Director & Founder
Teresa Tate - Director of Survivor Support (Founder, SOLES)
Sgt. Monroe Dugdale - Director of Peer Support
Officer Jerry Valladarez - Director of PTSD Prevention
Elizabeth Rehl - Associate Director, NE Division
Ruth Benallie - Associate, Research and Statistics
Maryanne Rose - Associate, POPS Program
Debrah Gyuraki - Associate, Public Relations

TOAC Advisory Committee

Tom Gillan - Founder & CEO of Central Florida Police Stress Unit
Allen Kates - Author of "Copshock", member The American Academy of Experts in Traumatic Stress
Christine Smith, PhD - Co-Founder and President of SOLOS (Survivors Of Loved Ones Suicide)
Kevin Hale - Disabled Officer, Founder of "Living with Post Traumatic Stress Disorder"

TOAC would like to give a special thanks to Allen Kates, author of CopShock, for his assistance and donation toward this flyer. We are proud to endorse his book, which features powerful true accounts of officers with PTSD, as well as a huge, detailed reference section. If you only buy one book this year regarding LEO PTSD, we highly recommend this one!



*I have been where you fear to go...
I have seen what you fear to see...
I have done what you fear to do...
All these things I've done for you.*

*I am the one you lean upon...
The one you cast your scorn upon...
The one you bring your troubles to...
All these people I've been for you.*

*The one you ask to stand apart...
The one you feel should have no heart...
The one you call the man in blue...
But I am human just like you.*

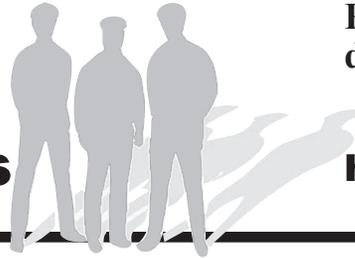
*And through the years I've come to see...
That I'm not what you ask of me...
So take this badge and take this gun...
Will you take it? Will anyone?*

*And when you watch a person die...
And hear a battered baby cry...
Then so you think that you can be
All those things you ask of me...?*

TEARS OF A COP

Under Pressure

Stop The Statistics



Did you know that one-third of active-duty and retired officers suffer from Posttraumatic Stress Disorder and don't know it?

<http://www.tearsofacop.com>



Tears Of A Cop is dedicated to making you aware of the epidemic of law enforcement stress and suicide. We are working actively with other like-minded organizations like Central Florida Stress Unit, to help officers understand the possible trauma which can result from their jobs and give them a chance to ask for confidential help. We are affiliates with SOLES (Survivors Of Law Enforcement Suicide), an organization that provides much needed support to the grieving survivors of officers who become a victim of suicide, and who often feel abandoned by their brothers-in-blue after this tragic death, which is often indirectly related to being a soldier on the streets. We endorse beneficial and much needed publications such as CopShock, by Allen Kates, for the abundance of research and true-stories about how easy it is to fall victim to Posttraumatic Stress Disorder, and why it's imperative to get assistance.

With the launch of our website as a starting point, we provide online information such as statistics, true stories that cops share, survivor support information and projects, as well as interactive polls, interviews, a chat room, links to other helpful websites and an email support mail list. We are working on further programs which we will be implementing as time allows, such as one-on-one support, and a directory of national workshops and seminars. Since it is our mission to promote awareness of this problem, we will also be active in participating at events where our presence will be known and remembered.

If you are in need of support or information, or know someone else in need, do not hesitate to contact us. We will do what we can to help you get through the difficulties and direct you to appropriate sources. If you are ever in a crisis and need to speak to someone immediately, call Central Florida Police Stress Unit's 24-hour hotline for confidential

support at **407-428-1800**. The CFPSU was founded by an officer with over ten years experience. They are not affiliated with any law enforcement agency so your privacy is guaranteed.

We also ask that you remember our Forgotten Heroes. TOAC has an online memorial dedicated to our fine officers who fell victim to suicide, and because of that are restricted from being remembered on any federal memorial for officers. But we wish to say that it is not how you died, but how you lived. And in keeping with that, we honor the brothers and sisters in blue who made it their life's work in helping others. Remember, statistics show that every 24 hours an officer will die from suicide... it could be someone you work with today, who's gone tomorrow. That's why we need you to be aware of the signs and symptoms of Posttraumatic Stress Disorder (see CopShock for detailed information). We need you to be aware so that someone else

does not become a statistic. So that you do not become a statistic. We also ask that you please share this knowledge with your family.

If you know of an officer who has died from suicide, we encourage you to support the grieving family. They need you now more than ever. Also, please let them know about SOLES which has quarterly newsletters and other supportive projects to help the family through the pain and trauma caused by the sudden, unexpected death of their loved one, which is subject to great stigma. Email SOLES at: AskT8@aol.com or write them at: SOLES, 2708 SW 48th Terrace, Cape Coral, FL 33914.

If you would like to join us in our crusade, please contact us and let us know in what area you would like to volunteer your services. Email: badge000@tearsofacop.com or write: TOAC
P.O. Box 8858
Norfolk, VA 23503