

SEPTEMBER IS



SUICIDE PREVENTION AWARENESS MONTH

At the Harris County Sheriff's Office, we confront the reality of suicide in law enforcement. Honoring lives lost, we remain committed to prioritizing the mental health and well-being of all personnel and their families.



BEHAVIORAL HEALTH DIVISION (BHD)

Embedded, in-house behavioral health specialists providing:

- Confidential counseling & support
- Education & curriculum development
- Outreach and preventive services
- On-scene and post-critical incident support
- Peer Support Network programs
- Policy development
- Training affiliation with Baylor College of Medicine

CLINIC HOURS

Free, confidential mental health services are available to any HCSO employee through the BHD mental health clinic.

Mon-Fri

8:00 a.m. - 4:00 p.m.

To schedule an appointment:

346-286-3150



PEER SUPPORT NETWORK

The Peer Support Network includes 60 trained volunteers + 2 full-time specialists.

They offer a confidential space for sharing challenges and emotions with colleagues who truly understand the law enforcement life.

For peer support: **346-286-3175**

“HCSO leadership champions mental health, ensuring confidential support, reducing stigma, fostering wellness, and collaborating to strengthen prevention and trust.”

ADDITIONAL RESOURCES FOR EMPLOYEES & FAMILIES



AETNA[®] EAP - Aetna Resources for LivingSM

The Employee Assistance Program (EAP) is an employer-sponsored program available at no cost to you. Children living away from home are covered up to age 26.

Website: resourcesforliving.com (Username: Harris County / Password: EAP)

Phone: 1-833-657-2111, TTY 711



AETNA[®] Mental Health Providers

Mental Health providers who accept HCSO insurance and require a co-pay.

Website: <https://www.aetna.com/individuals-families/find-a-doctor.html>



First Responder Groups

Peer support, trauma counseling, and telehealth (Counseling Center of Texas, NAMI Houston, Depression and Bipolar Support Alliance (DBSA), UTHealth Trauma & Resilience Center).



Statewide & National Peer Networks

Texas Law Enforcement Peer Network, Texas Blue Chip Program, Law Enforcement Alliance for Peer Support (LEAPS), Heroes Helpline, CopLine[®], and more.



24/7 Crisis Lines

988 Suicide & Crisis Lifeline

Crisis Text Line (text BLUE or HOME to 741741)

Veterans Crisis Line (988 and press 1, or text 838255)



Established Employee-Focused Program

Launched in 2022, HCSO's Suicide Prevention Policy (Policy 258) follows national guidelines and best practices. Our policy aims to reduce employee suicides, de-stigmatize seeking help, and protects the privacy of those reaching out for support.



Ongoing Quality Training

The Behavioral Health Training Unit and Behavioral Health Division provide both foundational and ongoing suicide prevention education, including specialized courses for supervisors and high-exposure roles. Training also includes Crisis Intervention Training (CIT), Integrating Communications, Assessment, and Tactics (ICAT), and Active Bystandership for Law Enforcement (ABLE). Together, these programs equip personnel with the skills to strengthen health, resilience, and suicide awareness across the agency, with content tailored to specific roles and responsibilities.



A Message to Our Team

If you or someone you know is struggling, please remember: help is always available. Support at HCSO is confidential, proactive, and never reserved for "just emergencies." No one has to face these challenges alone.

The HCSO honors and supports you, not just during Suicide Prevention Month, but every day as we work together to build a safer, healthier future for our agency, our families, and the community we serve.

Clinic and Peer Support are NOT emergency resources.
For any emergency or immediate assistance, call 911 or Watch Command.