Headset & Health

Healthy Relationships

February 2026

What does a healthy partnership consist of?

As Communications Officers we face significant challenges:

Spillover from work duties: We absorb intense situations which can cause mood shifts.

Irregular Schedules: Long hours and mandatory overtime (like those pesky check ins 😥) can disrupt routines and make gatherings with friends and family more difficult.

Communication Issues: Not everyone will understand why certain things affect us the way they do and how we choose to deal with it.

These challenges often lead to social withdrawal and strain on personal connections. Having strong communication and support from partners (especially those who are also first responders) and supportive work environments can help navigate these difficult challenges.

Light Corner







You are never alone.

National Domestic Violence Hotline advocates are here for you 24/7/365.

- **Call: 1.800.799.SAFE (7233)**
- **TTY: 1.800.787.3224**
- **Text: "START" to 88788**
- **Chat: thehotline.org**

"Together is a wonderful place to be."

Real Talk

[...] The way I balance my 20 year relationship and 10 year career in dispatch is communication with a lot of understanding. In the beginning, I attempted to not bring home work problems, but some of us aren't good with compartmentalizing. So, my way of [...] destressing was being open to my wife when she asked "How was work?" or "Any calls you want to talk about?". It has helped [us] understand what is needed to [manage] the high stress factor of the job [while] at the same time strengthening our relationship!

CO - N. Nowlin, 10 Years of Service

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Supervisor's Desk

"Marriage is hard; you are bringing two different people and making them one. Remember to enjoy the journey; it is beautiful. Continue to go out on dates and maintain a good work-life balance at home."

- Sgt. J. Fajardo, EDC Supervisor
14 Years of Service

Mindset Tip of the Month

Whether you're concerned about a romantic, family or friendly relationship keep these things in mind to ensure a healthy relationship and know when it's time to distance yourself.

Communication - Clear and honest. Don't leave things up for others to guess. Be vocal about how you're feeling and what you need. Whether it be a quick chat before work, during a break, or before bedtime.

Flexibility - Our jobs are 24/7/365 meaning having to work on holidays or be late for certain events. Discuss celebrating events a day before or after or as a weekend plan.

Gatherings - Make the most of your off time. Getting together with your loved ones even for simple things like surprise date night to a local place you haven't tried, movie or game night with family or lunch with friends you haven't seen in awhile.

Resources

HCSO Peer Support:
346 - 286 - 3175

HCSO Behavioral Health Division:
346-286-3150
Mon - Fri 8a-4p
BHD@sheriff.hctx.net

Text Lines:
Suicide & Crisis Life Line - Text 988

Veterans/Military Crisis Line - Text 838255 or Dial 988 then Press 1

All text lines are available 24/7

Coming Next Month:

Support starts here

Next month we'll focus on sharing available resources that can support us in both our personal and professional lives.

"Headset & Health" is created to support the mental health and wellness of our Communications Officers across all shifts. If you'd like to to share a quote, tip or idea for a future issue, reply to this email or Click here to submit suggestions .