

## PTSD

Did you know that approximately 19% of police officers suffer from Post Traumatic Stress Disorder (PTSD)?

Symptoms of PTSD may include:

- Feeling on edge or easily startled
- Increase in relationship problems
- Feeling disconnected from people
- Difficulty expressing or talking about feelings
- Increase in alcohol use
- Panic like symptoms: Heart beating faster, sweating
- People close to you commenting “you’re not yourself”
- Reacting in ways that are not characteristic of you

Avel eCare provides complimentary resources for law enforcement officers. If you or someone you know is experiencing PTSD symptoms, contact Avel eCare at **1-844-250-7302** to get in touch with:

- Your Avel Account Executive to schedule a group Critical Incident Stress Debriefing (CISD) session
- CopLine for anonymous, one-on-one support from a trained officer

**You do not have to struggle in silence; there is help available.**

## Crisis Care: How it Works

- Law Enforcement receives a call that an individual is experiencing a mental health crisis.
- Law Enforcement responds to the individual.
- Law Enforcement introduces the individual to crisis care tablet or requests a text be sent by the Avel team to any personal device.
- Avel Behavioral Health nurse performs an assessment with the individual and gives recommendation to the responding officer.
- Once encounter is complete, referral is sent to local community health resources for follow-up support with the individual.

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**To activate  
Avel eCare services  
for a person in crisis**

**Call 1-844-250-7302**

Save this number by scanning the QR Code below:

