

Work-Life Balance

In law enforcement, the job can easily become all-consuming – long hours, unpredictable shifts, and the emotional toll of the work can leave little room for personal time.

Maintaining a healthy work-life balance is essential for long-term wellness and job performance. Regularly spending time with family, pursuing hobbies and disconnecting from work-related stress helps prevent burnout and keeps your perspective grounded.

A balanced life allows you to show up at work with more focus and energy and at home with more presence and connection.

Remember taking care of yourself outside of work isn't selfish - it's necessary for sustaining your ability to serve others effectively.

Avel is also here to help. Contact your Account Executive to talk individually to a member of our CISD team to offer a group processing session. You do not have to struggle in silence; there is help available.



COPLINE, another resource, provides confidential services for callers who are dealing with various stressors both on and off the job. Anyone can call **COPLINE 24/7**.

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.

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

Call 1-844-250-7302

Save this number by scanning the QR Code below:

