



# SAN JOSE POLICE DEPARTMENT

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## TRAINING BULLETIN

**TO: ALL DEPARTMENT PERSONNEL**

**FROM:** Anthony Mata  
Chief of Police

**SUBJECT: WELLNESS RESOURCES**

**DATE:** May 23, 2022

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Bulletin# 2022-012

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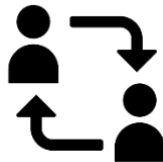
The most important thing we can do for our families, coworkers, and community is take care of ourselves. Wellness is not only a measure of physical wellbeing, but it includes our social, mental, intellectual, emotional, and spiritual health. It is essential we find balance in all aspects of our lives, not just at home and at work. To do so, we can focus on the following positive actions for achieving wellness:

- Building bonds with friends and family
- Developing healthy coping mechanisms
- Engaging in creativity
- Establishing a work-life balance
- Exhibiting healthy behaviors
- Expanding social circles
- Getting adequate sleep
- Maintaining proper nutrition
- Participating in learning opportunities
- Practicing mindfulness
- Practicing self-care
- Sustaining regular physical activity and exercise

As a member of the San José Police Department, you have access to numerous opportunities for help and support on your wellness journey. Please consider reaching out to any of the following resources if you ever find yourself in a position where they may be of service.



**Crisis Management Unit**



**Peer Support**

See the list at the end of this training bulletin.



**Chaplaincy**



## Employee Assistance Program



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Free counseling and other services including:

- Marriage, Family, & Relationship Issues
- Problems in the Workplace
- Stress, Anxiety, and Sadness
- Grief, Loss, or Response to Traumatic Events
- Concerns about Use of Alcohol or Drugs
- Childcare and Eldercare Assistance
- Financial Services
- Legal Services

### Steps to obtain MHN services:

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## Substance Abuse

Substance abuse treatment is provided through the City's medical plans. The treatments available vary depending on the health plan you have selected. Contact your medical provider for information on services. The underlying causes of substance abuse may also be treated through the assistance provided by MHN above.



[Addiction and Recovery](#)



Use the [Find Care](#) website to identify providers.



[Alcoholics Anonymous](#)



[Narcotics Anonymous](#)

## Additional Resources



[First Responder Support Network](#)

408-721-9789

[info@frsn.org](mailto:info@frsn.org)

Provides educational treatment programs to promote recovery from stress and critical incidents experienced by first responders and their families.



[Safe Call Now](#)

206-459-3020

Confidential 24-hour crisis referral service for all public safety employees, all emergency services personnel, and their family members nationwide.



[Cophone](#)

1-800-COPLINE (267-5463)

24/7 trained peer support for crisis intervention, staffed entirely by retired law enforcement.



[The Wounded Blue](#)

725-222-3967

[jenniehill@thewoundedblue.org](mailto:jenniehill@thewoundedblue.org)

Dedicated to improving the lives of injured and disabled law enforcement officers.



[DreamPower Horsemanship](#)  
415-823-6479  
[DreamPowerHorsemanship@hotmail.com](mailto:DreamPowerHorsemanship@hotmail.com)  
7460 Crews Road, Gilroy

Equine-assisted activities and therapy. The LEOS (Law Enforcement Officer Support) Project is individual, group, and family counseling for law enforcement officers and their families.



[Santa Clara County Behavioral Health Suicide Hotline](#)  
1-855-278-4204  
Text "RENEW" to 741741

24/7 access to trained counselors.



[Veterans Crisis Line](#)  
1-800-273-8255, press 1  
Text 838255

24/7 confidential crisis support for veterans and their loved ones. You do not need to be enrolled in VA benefits or health care to receive services.



[Doc911 net](#)  
Dr. Anne Bisek, Clinical Psychologist  
510-797-1911  
[anne@doc911.net](mailto:anne@doc911.net)  
39355 California St, Ste 205, Fremont

Working primarily with first responders, communications, firefighters, pre-hospital care personnel, law enforcement, and military veterans



[National Suicide Prevention Lifeline](#)  
1-800-273-8255

24/7 free, confidential support for people in distress and prevention and crisis resources for you or your loved ones.



Crisis Text Line  
Text "BLUE" to 741741

24/7, free, confidential access to counselors. Texting "BLUE" lets them know you are part of the law enforcement community.

Anthony Mata  
Chief of Police

**Peer Support Personnel**

