

Tough Cops



Ask For Help

Don't remain silent
Don't let stigma stand in your way

Depression, Anxiety, Substance Abuse, Post-Traumatic
Stress Disorder, and other Mental Health Care Needs

Help is available for you and your loved ones

1-866-COP 2 COP
1-866-267-2267

Cops helping Cops – confidential, 24/7, free



New Jersey Governor's Council on
Mental Health Stigma

Eliminating Stigma to Ensure Equity for All

Created by the NJ Police Suicide Task Force