

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



Created by the NJ Police Suicide Task Force