
Sheriff's Employee Resources

EMPLOYEE SUPPORT

THE COUNSELING TEAM INTERNATIONAL

Counseling through TCTI is available to all Sheriff employees. They offer help with issues including marriage and family, depression, financial difficulties, trauma and PTSD, and alcohol/ substance abuse.

(800) 222-9691

TheCounselingTeam.com

FIRST RESPONDER BEHAVIORAL HEALTH SUPPORT PROGRAM

This program aims to increase awareness about local mental health resources and decreases the stigma and barriers associated with the First Responders seeking behavioral health support services. They offer free, confidential helpline staffed by active and retired first responders to provide a listening environment and connecting first responders to mental health and substance use resources.

(833) YU-FIRST (1-833-983-4778)

EMPLOYEE ASSISTANCE PROGRAM (EAP)

Provided to all employees and their households, the EAP offers eight free counseling sessions per problem occurrence. The EAP can help with problems involving parenting, grief and loss, mental and physical wellness, financial or legal advice, and more. Their toll-free line is available 24/7.

(888) 777-6665

<http://www.anthemeap.com/>

SHERIFF'S PEER SUPPORT

Peer to peer support program consisting of co-workers who are trained to identify various symptoms,

challenges, and aid their fellow co-workers by providing support for sworn and non-sworn employees.

Get Connected via Sheriff's Communications

Center: (858) 565-5030

Peer Support Website

SHERIFF'S DEPARTMENT CHAPLAINS

Our Chaplains provide support for the emotional care and faith needs for sworn and non-sworn employees. Contact via Sheriff's Communications Center or email to request to speak to a chaplain in your area.

Sheriff's Chaplains: (619) 576-0654

SheriffChaplain@sdsheriff.org

TRAUMA INTERVENTION PROGRAMS OF SAN DIEGO (TIP) **CRISIS LINE**

Our citizen volunteers will provide emotional first aid to survivors of tragedy to ease their immediate suffering and facilitate their healing and long-term recovery. The emotional support offered by TIP volunteers provides a buffer to extreme distress and TIP provides the necessary immediate support until survivors can depend on friends and family.

(855) 847-7343

<https://tipsandiego.org/>

EXODUS NORTH COUNTY MOBILE CRISIS RESPONSE TEAM (MCRT) **CRISIS LINE**

MCRT provide in-person support to anyone, anywhere, experiencing a mental health, drug, or alcohol-related crisis. MCRT dispatches behavioral health experts to emergency calls instead of law enforcement, when appropriate, with teams made up of clinicians, case managers, and peer support specialists.

(888) 724-7240

<https://www.sandiegocounty.gov/mcrt/>

UNITED HEALTHCARE (VEBA)

Provides health and wellness benefits to members.

(888) 276-0250

<https://www.uhc.com/health-and-wellness>

KAISER PERMANENTE

Kaiser offers members physical, mental, and emotional services relating to a variety of issues and situations.

(800) 464-4000

My.KP.org/sdcounty/

DISEASE MANAGEMENT CLASSES

Programs and classes organized by the County of San Diego's DHR Employee Wellness, focused on managing and preventing diseases and weight-related issues.

<https://sdcountycagov.sharepoint.com/sites/InSite/ewp/Pages/Disease-Management-Classes.aspx>

SHERIFF'S RISK MANAGEMENT/MEDICAL LIAISON UNIT

The Sheriff's MLU serves Sheriff employees by exceeding minimum compliance for health, safety, and the well-being of our employees by proactively managing risk through continuous education, participation, and communication. We can offer additional information on wellness resources as well as assistance with protected leave options and workers' compensation concerns.

(858) 974-2032

Liaison.Medical@sdsheriff.org

VETERAN/MILITARY RESOURCES

COURAGE TO CALL

Courage to Call is a free, confidential, veteran-staffed 24/7 helpline dedicated to assisting active duty military personnel, veterans, reservists, guard members, and their families, regardless of

discharge status, by providing information, guidance, and referrals. Courage to Call can assist with food, housing, and shelter, rent assistance, counseling/mental health services, and more.

(877) 698-7838 (24/7) or dial 2-1-1, option 4.

<https://www.courage2call.org/>

VETERANS CRISIS HOTLINE

The Veterans Crisis Hotline is a free, confidential resource available to any veteran experiencing a crisis, even if they are not enrolled in VA health care or registered with the VA. The Veterans Crisis Hotline can connect veterans to their local suicide prevention coordinators (SPC), who follow up to coordinate care.

(800) 273-8255 Press 1

<https://www.veteranscrisisline.net/>

POST-TRAUMATIC STRESS DISORDER

The US Department of Veteran Affairs offers information, treatment options, and helplines for those affected by PTSD and their families. Both veterans and non-veterans can access these resources.

<https://www.ptsd.va.gov/>

VETERANS' AFFAIRS SAN DIEGO

The VA San Diego Healthcare System (VASDHS) provides high quality care with advanced technologies and compassionate services to veterans in the San Diego and Imperial Valley areas. In addition to medical resources, services include drug and alcohol programs, mental health treatment, smoking cessation assistance, and more.

(877) 252-4866 (24/7)

<https://www.sandiego.va.gov/index.asp>

SUICIDE PREVENTION

IT'S UP TO US

It's Up to Us is a campaign designed to empower San Diegans to talk openly about mental illness, rec-

ognize symptoms, utilize resources, and seek help. They strive to educate the community while providing easy access to local organizations and services in order to initiate change in perception, inspire wellness, and reduce the stigma surrounding mental health challenges.

Up2SD.org

OPTUM SAN DIEGO ACCESS AND CRISIS LINE

Part of the It's Up to Us campaign, the Access and Crisis Line is available 24/7 to provide free assistance in case of a crisis. A live chat function is available as well: Mon-Fri, 4pm-10pm.

(888) 724-7240 (24/7)

<https://up2sd.org/about/contact-us/>

COPLINE

COPLINE offers a confidential 24-hour hotline answered by retired law enforcement officers in order to provide assistance with the successful management of various psychosocial stressors that impact a significant number of law enforcement officers and their families.

(800) 267-5463

NATIONAL SUICIDE PREVENTION LIFELINE

A national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7.

Text or call 988 to receive support and services.

<https://suicidepreventionlifeline.org/>

SAFE CALL NOW

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

(206) 459-3020

Safecallnow.org

BADGE OF LIFE

A nonprofit suicide prevention and mental health program dedicated to helping law enforcement officers and retirees. This program includes emotional self-care training, focusing on being mentally healthy and an annual mental health check up with a licensed therapist.

Badgeoflife.org

NATIONAL POLICE SUICIDE FOUNDATION

This organization provides several different kinds of training programs on suicide awareness and prevention as well as support services that meet the psychological, emotional, and spiritual needs of law enforcement officers and their families.

(866) 276-4615

Psf.org

MENTAL ILLNESS SUPPORT GROUP- NAMI

NAMI San Diego offers support groups for those affected by serious mental illnesses, presented by trained facilitators who have "been there." Programs are available for both individuals with mental illnesses and loved ones affected by the mental illness of a family member or friend.

<https://namisandiego.org/services/support-groups/>

SURVIVORS OF SUICIDE LOSS

A peer-oriented group that provides a safe place to meet others who understand the similar feelings, questions, and stages of grief that suicide loss survivors share.

(619) 482-0297

<https://www.soslsd.org/>

FINANCIAL HEALTH

COVER NOW

Cover Now is an organization that raises funds to distribute to law enforcement officers and their fam-

ilies in their times of need. They assist with financial, mental, and physical wellness with the purpose of restoring officers and their families to a healthy and productive life.

<https://covernowfund.org/>

SDCCU

SDCCU is partnering with the San Diego County Library System to host FREE Financial Wellness webinars. These webinars are hosted by SDCCU representatives and will cover a variety of topics including current scams and how to protect your finances, the psychology of spending, rebuilding after a financial crisis, advice on trimming your budget, and more.

<https://www.sdccu.com/about/community/financial-wellness-wednesdays/>

SDCERA RETIREMENT

The retirement system that administers retirement, disability, survivor, and healthcare benefits to active, retired, and former employees of the County of San Diego. Contact SDCERA for assistance with questions regarding retirement, eligibility, membership options, and more.

(619) 515-5068

SD COUNTY PUBLIC SAFETY RETIREE MEDICAL TRUST

The primary purpose of the trust is to pay a portion, or all of the cost associated with health insurance premiums or medical expenses incurred by the retiree, their dependents and or their beneficiaries.

(619) 278-0021

COUNTY OF SAN DIEGO DEFERRED COMPENSATION

Deferred compensation specialists from Nationwide are available to provide assistance regarding plans, enrollment, and other retirement plan questions.

(800) 324-5433

<https://www.mydcplan.com/iApp/tcm/mydcplan/>

[index.jsp](#)

COUNTY PERK SPOT- EMPLOYEE DISCOUNTS

Provides all County employee with a web-based platform to display online discounts from hundreds of retailers, in addition to local area discounts and savings. Follow the link to complete the new member registration process.

<https://sdcounty.perkspot.com/login>

SDCERA RETIREMENT SEMINAR

Regularly scheduled webinars available to active and deferred SDCERA members. These live events cover topics including retirement benefits available to you, calculating benefits, payment options, how and when to apply, and things to consider before retiring.

https://www.sdccera.org/member_education.htm

DEPUTY SHERIFF'S ASSOCIATION (DSA)

The professional labor organization of the sworn deputies of the San Diego Sheriff's Department. The DSA offers members assistance with contract negotiations, political action, legal defense, and benefits/wellness.

(858) 486-9009

<https://dsasd.org/>

TREATMENT AND RECOVERY

FIRST RESPONDER TREATMENT

First Responder Wellness by Simple Recovery provides trauma-based substance abuse and mental health treatment integrates substance abuse treatment with post- traumatic stress, anxiety, and depression treatment, as well as incorporating family systems support.

(888) 443-4898

<https://www.firstresponder-wellness.com/>

800 GAMBLER

The National Council on Problem Gambling operates the National Problem Gambling Helpline Network (1-800-522-4700). The network is a single national access point to local resources for those seeking help for a gambling problem. One call, text or chat will get you to problem gambling help anywhere in the U.S. 24/7/365.

(800) 522-4700

AA SD NATIONAL HELPLINE

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

(760) 758-2514

<https://www.ncsandiegoaa.org/>

SMOKING CESSATION

The Center for Tobacco Cessation (CTC) is an affiliate of the Helpline. It provides training and technical assistance to local organizations across California to help build capacity in tobacco cessation. CTC faculty members have expertise in many areas of tobacco cessation, including the cessation facilitation, integration of cessation treatment into health care and behavioral health settings, treatment considerations for special populations.

(800) 987-2908

SUBSTANCE ABUSE

The County of San Diego provides a range of programs and services to address substance use across the lifespan, to include specialized programs to address the needs of pregnant and parenting women, youth and adolescents, and individuals with justice-involvement.

Access and Crisis Line: (888) 724-7240

LGBTQ+

ERG- LGBT

A CoSD Employee Resource Group with the goal to advance awareness of the cultural diversity unique to LGBTQ&A communities, provide and promote professional development and leadership opportunities, and advocate for inclusiveness in and support of County initiatives.

LGBTQA@sdcounty.ca.gov

THE CENTER

The Center provides targeted programs and services to the full diversity of the San Diego LGBTQ community, including lesbian, gay, bisexual, queer, transgender, nonbinary, immigrant, and HIV communities to the betterment of our entire San Diego region.

(619) 962-2077

onduty@thecentersd.org

Websites & Other Resources



<p>Confidential Recovery San Diego</p>	<p>www.confidentialrecovery.com</p>	<p>Provides confidential, long-term addiction treatment that supports sustainable recovery.</p>
<p>Simple Recovery</p>	<p>Phone: 888-743-0490 www.simplerecovery.com</p>	<p>This is an in-patient treatment program for ALL addictive behaviors (i.e., gambling, sex, etc.), and non-addictive issues associated with PTSD specifically designed to meet the needs of first responder personnel .</p>
<p>Simple Recovery - First Responder Support Group</p>		
<p>EMDR</p>	<p>www.emdr.org</p>	<p>PTSD Treatment - Highly Effective - Find certified local EMDR therapist</p>

First Responder Support Network



Phone: 415-721-9789
www.wcpr2001.org

Their mission is to provide treatment programs that promote recovery from stress and critical incidents for first responders and their families.

National Police Suicide Foundation



Phone: (866) 276-4615
www.psf.org

This organization provides several different kinds of training programs on suicide awareness and prevention as well as support services that meet the psychological, emotional, and spiritual needs of law enforcement officers and their families.

National Suicide Prevention Lifeline



Phone: 800-273-8255
suicidepreventionlifeline.org

Text "Blue" (for law enforcement officers) to 741-741 to connect 24/7

Anyone can text "HELP" to 741-741 to be connected to crisis services

Safe Call Now



Phone: (206) 459-3020
www.safecallnow.org

Safe Call Now is a CONFIDENTIAL, comprehensive, 24-hour crisis referral service for all public safety employees, all emergency services personnel and their family members nationwide.

Cops Alive

www.copsalive.com

Founded by the Law Enforcement Survival Institute to provide information and strategies to help officers/deputies successfully survive their careers

Law Enforcement Cancer Support Foundation



Phone: 888-456-5327
www.lecsf.net

The organization is operated by L.E. cancer survivors and offers support and assistance to fellow law enforcement personnel, who are struggling with a cancer diagnosis and treatment.

California Office of Problem Gambling



Call to speak with a Counselor: 1-800-GAMBLER

<https://www.cdph.ca.gov/Programs/OPG/Pages/opg-landing.aspx>

Get no-cost, confidential help. The Office of Problem Gambling (OPG) is dedicated to promoting awareness and prevention of gambling disorder and making treatment available to those negatively impacted by problem gambling behavior.

